

# **DOLPHIN LOG**

**Collection, Years 2005 – 2009**

**The Bulletin of the  
Dolphin Swimming & Boating Club  
San Francisco, Established 1877**

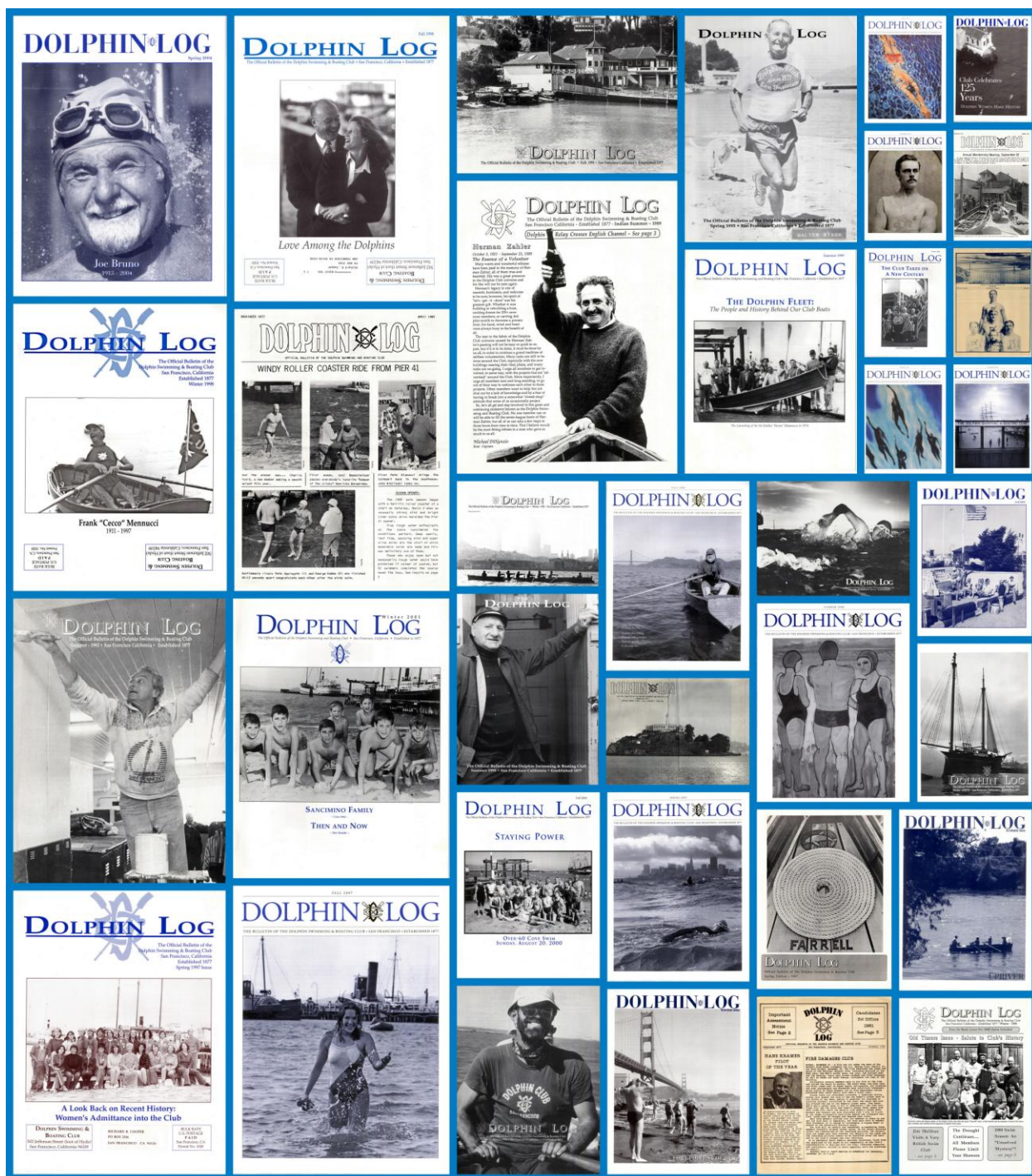


**Dolphin Swimming & Boating Club  
502 Jefferson Street  
San Francisco, CA 94109**

**April 2011**







Mosaic of Covers by Richard Cooper

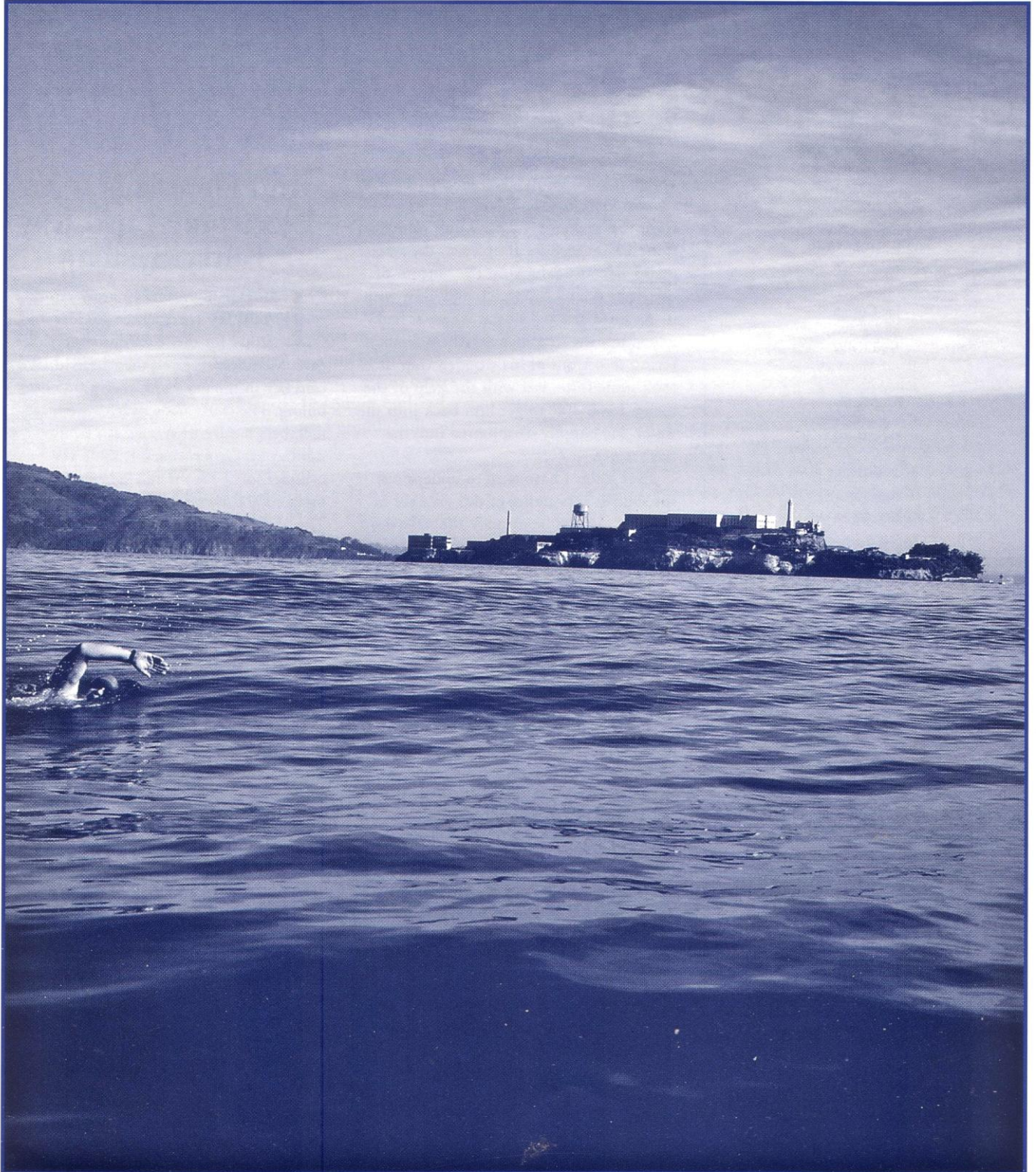
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# DOLPHIN LOG

Winter 2005





# NEWS AND NOTES...

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## The Miracles of Rowing

**W**HEN WAS THE LAST TIME a live fish jumped into your boat? I bet you don't remember. On October 21 of last year, it happened to me, and the fish was no small fry. It was a large flounder at least two feet long.

I was rowing the *Joe Bruno* from the Dolphin Club to my usual destination, the Golden Gate Bridge. About 50 yards from the St. Francis Yacht Club something big heaved itself up from the starboard side and landed in the bottom of my boat, taking my watch and GPS with it. As surprised as I was at where it had ended up, the flounder thrashed about, trying to get out of his wooden trap. It took some time, but with the help of the bailer, I was able to get him back into the water. He happily disappeared into the Bay's water.

Ever since, I have tried to understand the sudden appearance of this creature in my boat. Maybe he mistook the reflection of the afternoon sun flickering off the oarlock for an attractive prey in another universe. Jon Bielinski offered a more prosaic explanation: maybe the flounder was chased by something much bigger. Whatever the reason, neither the flounder nor I will most likely ever forget the encounter.

What were the chances that the two of us would meet in such a strange way, or even coexist on the same planet? The answer lies in a Russian saying, which in my loose translation goes like this: "Lady Luck is capricious but generous." Isn't that how all species exist and interact with each other – purely by chance?

I always knew there was fleeting magic in rowing. One day is not like another, everything changes: the sky, water, the Golden Gate Bridge, wild life, and the not so wild. Some days are calm and peaceful; others rough and perilous. But each day on the Bay holds magic and adventure. And rowing allows you to put yourself in the right place at the right time under your

own power and at your own pace. So please keep rowing and amazing things will happen to you, too.

— Marcus Auerbuch

*P.S. If you think I am kidding, I assure you I am not. I can show you two small scales from that magnificent flounder to prove that this all really did happen.*

## And Here It Is – An Electronic Card Key Entry System

**T**HE CLUB INSTALLED an electronic card key entry system in December 2004 for the front door and side gate. Members received their individual card key in the mail with their 2005 dues billing. The cards are activated when members receive them and can be used right away. On February 1, 2005 the cylinder for the front and side gate will be replaced and the old key will not work. The old key will work the weight room door only. Costs for the old key and the new card are the same, so your old key will not be refundable. If a member is dropped, the card will be deactivated and will not work. Lost cards can be replaced by the Financial Secretary for \$10.00. The Club will be secured from entry electronically between the hours of 11:00 PM and 5:00 AM. Exiting will not be affected. Please remember that Club security is the responsibility of each member.

— Pete Bianucci

## Goggle Goof

**E**VERYTHING SEEMED perfectly normal after the group's regular Tuesday swim. But on Wednesday, when Walt Schneebeil, Noël Frelicot, and Dan McGill showed up at the Golden Gateway pool for their swimming lesson, Walt was not his usual self: his fifty-year old glass and wood swim goggles were nowhere to be found. At lunch nearby afterward, Dan





Walt and his goggles — good as new.

and Noël both said that they thought that Walt had tossed them out with his lunch bag on Tuesday. No way, Walt said. He must have left them somewhere. He'd just keep looking.

Thursday came and they swam again, as usual, with Walt wearing his spare set of glass goggles. They're in the trash, his swim mates suggested again. If they are, said Walt, he wasn't going to dig for them. Sunday rolled around, and another swim; still no goggles. Noël went home at midday, but just couldn't accept that those special goggles would end up in a landfill. If Walt wouldn't look in the trash, he would.

Grabbing a pair of work gloves, he went back to the Club later in the afternoon. The entire week's trash was in the dumpster.

As if going into 48 degree water on a winter day, Noël dove in, going through each tied up black bag, one by one. He found lots of diapers, among other things, but no goggles, and he was down to the last bag. Voilà! There they were: the goggles, the suit, the hat, even the ear plugs.

If you visit Noël in his office, you'll see not only a poster of Walt's famous Bank of America billboard from a few years back, but what seem to be Walt's wooden goggles. They're that rarely used second pair, a gift from Walt to Noël, not just for finding his goggles, but for their many years of friendship.

— Sid Hollister

## Pier Repair This Month

**D**UE TO A HEALTHY BAY, we have been invaded by worms on the pier apron. Repairs are taking place early this year, as you probably have already noticed. The decking is being removed, the structure cleaned, treated and painted, and the decking replaced. The work will take about two to three weeks, depending on the weather and what, if any, structural damage is discov-

ered. The pier will be unusable during repairs. Check the bulletin board for updates on the construction.

— Pete Bianucci

## They Escaped!

**E**ARLY THE MORNING of October 3rd, 35 nervous souls from both the Dolphin and South End clubs boarded a ferry for a one-way trip to Alcatraz. Their mission: swim back to Aquatic Park with enough warmth left in their bodies to get through an un-sauna-assisted change of clothes, ride a bicycle—often shakily—15 miles to Mill Valley, and then run a punishing 14-plus miles up and down 4,000 vertical feet and 1,000 stairs to Stinson Beach and back, a.k.a, “the double Dipsea.” Several commercial clubs now stage their own Escapes from Alcatraz, which can cost up to \$300 and draw some 600 athletes, including some

*continued next page*

Longtime Dolphin  
**Todd Oppenheimer's**  
book, which is full of  
intriguing tales and  
galling outrages, is  
now available in paper-  
back. The book was  
one of two finalists for  
the 2003 book award  
from Investigative Reporters & Editors.



## THE DOLPHIN CLUB BUILDING FUND

*An opportunity to support the long-term  
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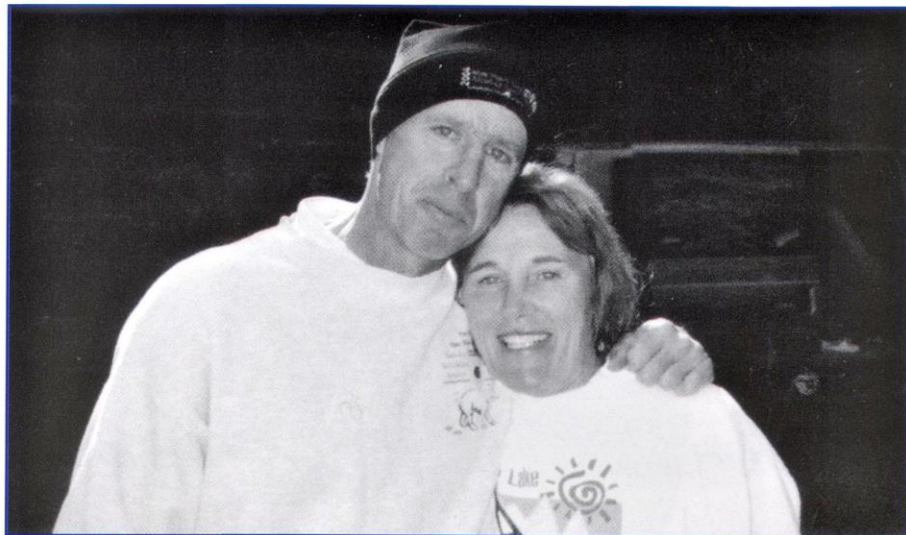
# NEWS AND NOTES...

*continued from previous page*

international stars. But the annual Dolphin Club Escape remains the gold standard: our run is tougher, our swim is colder (since wetsuits are rarely used), and our race is older. In fact, the Dolphin Club started the entire Alcatraz triathlon tradition.

And what a tradition it is. The winning time for this race is usually just under four hours. It can take over eight hours for some to complete. Both embraced and hated by those drawn to give it a go, the Escape's only lasting prize is a belt buckle awarded to each finisher (silver/gold for the winner, bronze for everyone else). Many consider this piece of metal well worth the event's pain and suffering. Others swear that Escapees are merely searching for a missing part of their souls. Still others contend that if you can finish this race, you are ready to face another year of whatever life can dish out.

Whoever is right, the 2004 event lived up to its reputation. Good weather prevailed and all participants were successfully accounted for at the conclusion, although a few were unable to complete the event. As always, a few managed to stray from the course but still find their way back to the finish line at old Mill Park, even if they approached it from the wrong direction. The event also tends to include a few unan-



Escape winners Mark and Sunny McKee.

anticipated obstacles. This year's were 9,000 runners and walkers in the 2004 "Bridge to Bridge" run.

Ten "virgin" escapees joined this year's race, making up almost a third of the participants. Several posted impressive results, including Bear Arellano who placed fifth. Another nine racers were at the starting line for their tenth time or more, including the ever enduring Mary Cantini-Norkin and Andy Field, each taking on the challenge for their 18th time; and dogged dirt-pounders Jon Nakamura and Mike Webb, who turned out for their 15th races. The all-time record is still held by Tom Callinan who completed his 20th race in 2000.

Winning this year's silver/gold belt buckles, for first place male and female finishers, were Sunny and Mark McKee, both 10-year veterans of this event and regulars on the local triathlon scene. Their dual accomplishment, a first for a husband and wife, was especially sweet for the McKees, who, after 17 years of racing and over 100 triathlons each, consider this one of the hardest of the season. "It took years of being punished by this course to finally figure out how to survive and win," Mark said, "and it always takes a little good luck." Mark had placed in the top five the prior nine years, taking second place the past three years.

If the South Enders were paying atten-

tion, the race could have been read as an omen for their upcoming competition with the Dolphin Club. Dolphin participants in the Escape only slightly outnumbered South Enders 20 to 15, but they dominated the finishing results by taking the first 12 places.

With spring coming, preparation is already underway for the 2005 race, which will be a special commemorative event celebrating the race's 25th year. The annual awards dinner, open to all, recognized those who have made this event a success over the decades: Vince Huang, Tony DuComb, and Mark and Sunny McKee for offering informal triathlon training sessions; Dan and Mimi Osborne and others for consistently staging deliciously recuperative post-race feasts; and Pete Bianucci for organizing the race year after year. As always, however, the virgin Escapees will keep this tradition going. Here, then, is a toast to — how to put it? — their innocent souls.

— Todd Oppenheimer with Mark McKee

## Old Timers' Dinner

THE OLD TIMERS' DINNER is set for Sunday, February 20th, with an early start time for this annual event. Come and visit with Dolphins from all generations and applaud those who have been in the Club for 25 years or more. 🐬

**Lou's view**

**Wieland**

**Prints available...**  
For these as well as in water shots of us Dolphins doing our thing at the Gate with Alcatraz...you name it!

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# EMPATHY IN ACTION

by Joe Illick

**F**OURTEEN DOLPHINS have swum the English Channel, most of them recently, and we are beginning to learn something about the experience. Steve Walker's harrowing tale has been on the net (at [www.noww.nl/info/kanaal-walker-steve](http://www.noww.nl/info/kanaal-walker-steve)) for several years, and Phil Scarborough's and Duke Dahlin's accounts of the long preparation and the crossing itself in 2003 appeared in the Winter 2004 *Log*. Now we move on to the most recent achievements.

On October 14, 2004, John Ottersberg swam the English Channel in 14 hours, 36 minutes. His longest swim until training for the Channel had been the Santa Cruz Pier to Pier in the summer of 2003, a swim of less than three hours. Clearly, a lot of training took place in the interim. Rick Avery, John's partner, who had never swum before he joined the Dolphin Club in 2002 (he received the most-improved swimmer award in 2003), was in charge of this effort. John did not need much moral support or encouragement, Rick says: "John is very focused. He never wavered once he began training for the Channel." Neither John nor Rick planned for a swim of fourteen hours plus, but arranging for a series of increasingly longer swims made that long and arduous crossing possible. It was Rick's job to plan and manage the series of increasingly longer swims of 4, 6, 8, and 10 hours that began in April and proceeded through June. July was left for fine tuning, since John's window was in early August. Finding the appropriate in-the-water diet and providing the solids and liquids for each swim were parts of Rick's responsibility. Even more challenging were getting the Coast Guard permits and coordinating the needed boats and personnel, that is, the Dolphin swimmers who again, as in the preparations of previous Channel swimmers, swam and manned the vessels. Schedules with pilots and swim companions had to be worked out for each swim. Heavy ship traffic also made it essential that radio contact for multi-hour swims be maintained with the Port Authority from the motorized craft accompanying John and friends on routes that often zigzagged around the Bay. (Nevertheless, there were some very scary moments, especially during the six-hour swim when the Arias broke down, radio contact was lost, and a freighter seemed headed directly for the swimmers.)


Finally, throughout the Channel crossing, Rick had to monitor John constantly, which was especially difficult during the more than five hours John swam in the dark. If John's glow stick disappeared in the waves for just a couple of seconds, Rick became anxious. He also had to keep John swimming parallel to the boat,

which became more difficult as John tired and lost some sense of direction. On the one hand, he would wander away and had to be guided back by the boat's spotlight; on the other, he would swim directly at the boat and had to be warned off. Also, he had to be fed every thirty minutes and since the signs used in the daylight were useless, Rick had to rely on the boat's siren and his and the pilot's yelling to bring John alongside.

Candace Kelly, a former college swimmer and Dolphin Club member since 1995, coached Si Bunting as he prepared for his Channel crossing, which lasted 9 hours, 44 minutes, the shortest time for the 2004 season — an accomplishment that benefited from almost ideal weather and sea conditions as well as Candace's good offices. To accomplish her task, Candace talked to coaches of swimmers who had already conquered the Channel and to the swimmers themselves. The logs kept by Phil and Duke were particularly helpful at this stage. Meanwhile, she and Si sat down in January 2004 and worked backward from his late August window to schedule Si's 10-, 8-, 6-, and 4-hour swims. They swam together until Si passed the four-hour mark, after which Candace accompanied him aboard a kayak.

Like Rick, Candace had to plan the feeding and hydration of her charge before, during, and after his swims, a task usually accomplished through trial and error, though Candace confesses to having attended a lecture on sports nutrition to learn about the esoterica of electrolytes and the ingestion of salt and protein. Time and ease of handling are basic to providing nourishment to an immersed marathon swimmer, but each swimmer's needs are different.

Coaches have to note these and make sure their swimmers get the balance that best fits them. During the course of Candace's coaching, the project unsurprisingly took more and more time, yet it never became onerous since she was so focused on her job that the growing responsibility was simply taken in stride.

Many people are involved in training for and completing a long-distance swim, and — as with their Dolphin Channel predecessors — many Dolphins contributed to Si's and John's success. Nonetheless, Candace feels and Rick agrees, that it's critically important to have one very vigilant watcher who knows the swimmer well, especially when it comes to hypothermia. After working with and closely observing Si in the water for six months, Candace could tell his condition from his stroke, his skin color, his attitude. Rick felt the same way about John. In both cases, coach and swimmer were a team. Empathy in action! 



# RICO “MOON” PASSANISI

by Ray Mondini and Sid Hollister

**I**F YOU'RE A 10-YEAR OLD BOY WITH A ROUND FACE and a buzz cut camping on a full-moon night with some pals, one of them is sure to tag you with the name "Moon." That's what happened to Rico Passanisi. Forever after, in the North Beach where he has lived for almost 80 years, and at the Dolphin Club, he has been called "Moon."

Born in 1926, Moon learned as a boy how to steer and navigate at the helm of his father's feluca, often going to the Farallons in search of fish. He joined the Dolphin Club in 1954, and though he never wanted to be a Club officer he energetically took the helm of a variety of other activities — from planning and cooking the annual New Year's Eve party and Old Timers' Crab Dinner to giving hair cuts to the shaggy to painting anything that wasn't going into or coming out of the water.

"I put on the New Year's Eve parties for years — to make some money for the Club. I bought the food wholesale, cooked it, and served it. I had help, but the planning and preparation took about three weeks and I did that myself. We had two or three hundred people. One year we made \$1,800."

By the age of 28 Moon had already fished both with his father and on a commercial trawler, had been in the navy in World War II, and was working as a bartender at places like the Italian-American Club, La Rocca's, and Bimbo's. Many Dolphins were regular customers so he joined the Club him-

self and took up handball, which he loved most of all, and also swimming and rowing.

"I'd row out to the Golden Gate Bridge on Sunday mornings, pull in my oars, and sit with my feet in the water, waving at the tour boat people as they came by."

He also rowed out to fish near Alcatraz, being waved off by the guards when his boat drifted too close to "The Rock."

As for swimming: "I swam every day for three years," he recalls, "to the Sea Scouts and back. Then one day late in the fall I went for a swim and came out freezing. But the heating system was broken: There was no hot water or sauna. I couldn't get warm. That was it for me."

Moon had a tankfull of creative energy and put it to use at the Club. "The Club looked so bad, it made me sick, so I got some carpeting from Bill Powning and some paint and went at it." The Club chipped in some paint but Moon took care of most of it. He took a personal interest not only in how the Club buildings looked, but in how some of its shaggier members appeared out in the larger world. His barber's shears and sheet were always available to help the unkempt look sharp. In the end, because of his deft touch, both the Club and the men who belonged to it looked much better.

Some amateur boxing in North Beach basements and while he was in the navy, and, later, almost daily visits to the race track were as much a part of his San Francisco life as the pungent smell of crushed grapes in October. Neither track nor ring

## Growing Up in North Beach

**R**ico "Moon" Passanisi and Sal Sancimino were childhood pals, sons of Sicilian fishermen. They grew up in North Beach. Sal was older and looked out for Rico and later on Moon would take Sal's boys swimming at the Crystal Plunge, Muir Beach and, of course, the Dolphin Club. Their friendship is appropriately honored today by the Sal Sancimino Room and Rico "Moon" Passanisi Men's Locker Room (soon to be dedicated).

When Rico was a boy in the 1930s and 40s North Beach was Italian. On Saturdays, North Beach radios tuned in to "Live from the Metropolitan" hosted by Milton Cross. The music of Verdi, Puccini, Donizetti and Mascagni became

part of the weekend. The roof tops had wooden-box gardens containing, lettuce, tomatoes, basil, and herbs. During the war years they were called "Victory Gardens." The most important component of North Beach architecture, however, was not the roof, kitchen or bedroom but the substructure, the basement. Wasps had garages and Italians had cellars. There you would find the wine press and barrels. In the fall grapes arrived from nearby wine-growing regions by truck and boat and Dago Red was produced in abundance. This was followed by the ritual wine tasting. The patriarchs would go from one cellar to another to taste and compare. When Rico's father, Gaetano, passed away Moon inherited

200 bottles, which he gave away in less than a week.

Moon's kindness and generosity are legendary. He hosted the annual Dolphin New Years Eve party, picnics at Angel Island, and every Friday lunches at Little Joe's, Capp's Corner, or La Felce.

The Metropolitan Opera began radio broadcasts in 1931. Moon was born on May 12, 1926. The 2004-05 season opened December 11 with Verdi's *"I Vespri Siciliani."* The San Francisco of Sal and Moon is disappearing, but, like the Met it still survives. It's alive in the Club's collective memory, where a name such as Passanisi or Sancimino provides continuity between past and present.

— RM

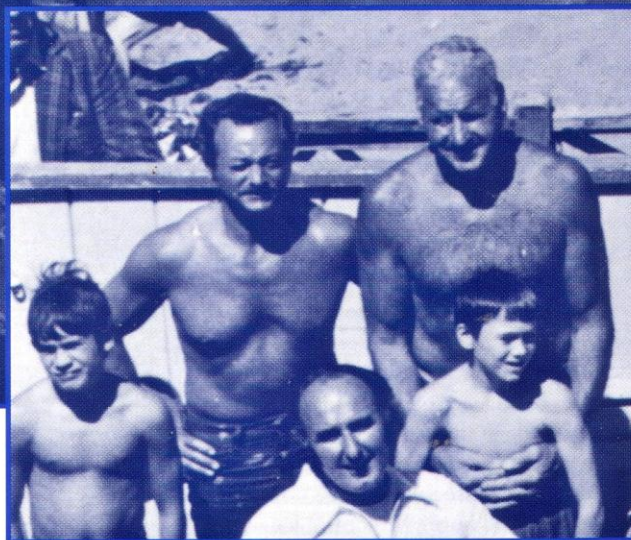




brought him much glory, but they did give him a few thrills.

Then there were the women. As a North Beach kid looking for something to fill long summer days, Moon and his pals would go to the Art Institute on Chestnut Street and take a look through the bushes at the models in life- drawing classes, held outdoors on warm days. Life in the navy, when he visited the Philippines and Japan, and his tours as bartender broadened that early experience. But women in the Club? "I didn't like, you know, the idea of it. Once the women were here, though, they were a pleasure to have around."

Whether wielding paint brush or scissors or presiding at the stove for one of his famous crab dinners, Moon was a maestro,



Top: the master at work. Inset: Moon with Dino Landucci (rear) 1960s.

leaving his mark on the Club and its members in many ways. Recently, after several strokes, he's had to put his energy into getting back on his feet. He's at the On Lok center, 1000 Montgomery St., at Broadway. Call 292-8600 to arrange a time to drop by and say hello. He loves to see fellow Dolphins. And since it's in season, bring along a bit of crab. 🦀



# SWIMMING AROUND THE WORLD

by Suzie Dods

**W**hy not see the world by water? After all, it covers 75 percent of the earth. Dolphins have swum in some wild and wonderful places around the globe: Hawaii, the English Channel, the Straits of Gibraltar, Sicily, Italy, Greece, Mexico, New Zealand, Kenya

and even in Walden Pond. This year I personally added two other venues, the Isles of Scilly off the southwestern tip of England and the world-famous English Lake District. David Rich and I also added Lake Zurich in Switzerland.

Since swimming Lake Tahoe's length and width in 1988 and 1989, I have traveled to and swum in some interesting and beautiful spots. In 1996, with Laura Burtch and John Selmer, I swam around Coronado Island, San Diego, with Monica Towers as my pilot. I was lucky enough to be on two English Channel relays: first, with Pat McGarvey, Pam Derks, Mag Donaldson, Laura Burtch, and Bonnie Winn in 1992; again in 1993, with Jon Nakamura, David Rich, Tina Scott, Joe Ferrero and Lori Parmer. With those experiences to bolster me, and lots of training, in 2000 I went back to Dover as a solo swimmer and made it!

Duke Dahlin and I went to Sicily in 2002 for a supposed 25-kilometer swim through the strait of Messina. An accident caused the course to be changed and we ended up swimming along the Messina waterfront before an audience of Sicilian families out for Sunday afternoon socializing. The trophies were great – and huge. We got free lodging and food, and as a bonus we were able to watch the Neapolitan police swimming team. (Who'd have thought a police department would have a swim team?) The swimming cops were stylish and gorgeous.

In 2003 I went back to Dover to attempt a round trip crossing of the English Channel and learned about how the weather rules, no matter how hard you've trained or how much money

you've spent. If the weather's not right... you don't go.

Having had my fill of Dover, I went looking for somewhere else. Enter Lake Zurich, a 26-kilometer swim from Rapperswil to Zurich itself. It can be done with or without a wetsuit, and as a three-person relay or solo. The water temperature is about 74°F. The race draws people from all over the world — India, Sweden, Great Britain, Czechoslovakia, Germany, and France, among others. I thought it would be a great swim for a few

teams of Dolphins and would give us the chance to see how others organize races.

Plans were made, tickets bought. I began training, albeit halfheartedly. I thought it would be a piece of cake. I paid dearly for that later!

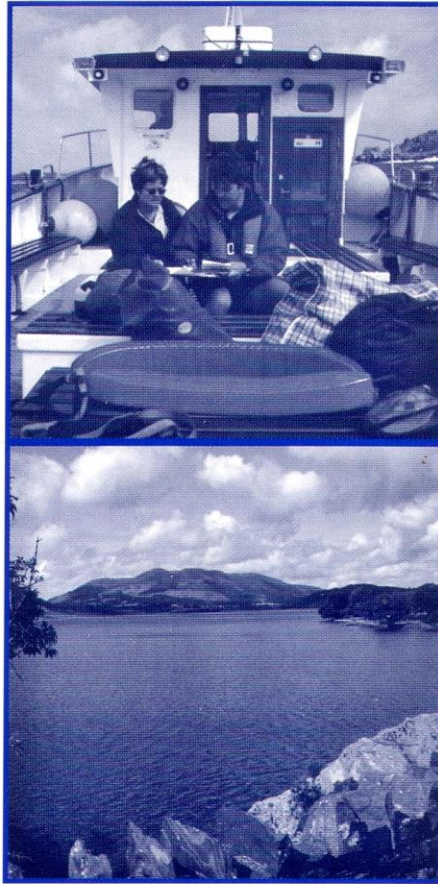
Then, in February, I got an e-mail from a company called Swim Trek. They were looking for swim guides. That piqued my interest. Swimming in Croatia, Greece, Turkey, Scotland, the Isles of Scilly and the Thames? SIGN ME UP! Ideas morphed and plans progressed. It turned out I would travel from Switzerland to France to England, swimming along the way.

David Rich and I swam Lake Zurich. It was much harder than either of us thought it would be – brutal, in fact. Since my German is poor, to say the least, I'm not sure my pilot really knew what I was saying. As a result, I ended up not having any refreshment (Cytomax/GU cocktail) for two hours of a ten-hour swim. A lesson learned: Never think that you can speak a language if you are not absolutely sure of what you are saying in that language.

David got second in his age group, and was the first Dolphin male to do this swim. My claim to fame will be that I was the first Dolphin female to do the swim.

After a stop in France, where I swam in the warm water off the Brittany coast, I returned to Dover and then London before heading down to Cornwall and the Scillies, where I had talked my way into working for free on a Swim Trek trip.

The Scillies are 300 islands 28 miles off the southwest coast of



Top: Checking the gear and planning. Bottom: the Lake District.

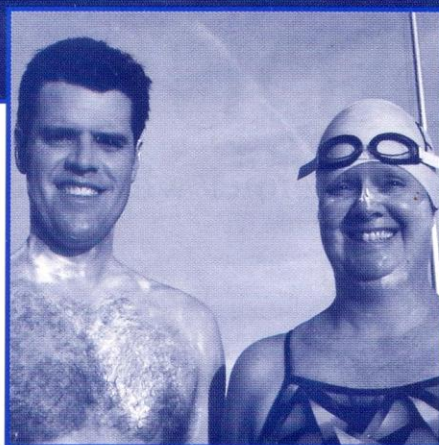




England. Five are inhabited. They are in the Gulf Stream, so the water is fairly temperate; it was about 58°F while I was there. The population is about 200, exploding to near 20,000 in the summer.

I was an assistant guide for a group of 11 swimmers, helping to organize and manage two to three hour-long swims a day between islands with a pub stop, lunch, or hike in between swims. My perfect job. The guests were pool swimmers of varying abilities, but none had open or cold-water experience. On one of the islands there is a breadmaking vacation. On the island of Tresco we saw a splendid garden, complete with palm trees. We swam with seals, and in the rain, and we swam in some pretty decent swells – up to four feet at times. These were difficult swims for these people and I was impressed with their nerve. They all felt that they had succeeded in meeting a huge challenge. Encouraging them gave me a lot of satisfaction.

Next followed a long drive to the Lake District where my Swim Trek team met up with a different group of swimmers, this one much more varied in their abilities. We had about three



Top: Lake Zurich. Inset: David Rich and Suzie.

swims a day in different lakes: Crummock, Coniston, Derwent and Windemere. The country was beautiful, and the swims fittingly peaceful, since no motor boats are allowed on the lakes.

Every summer, the British Long Distance Swimming Association puts on a swim from one end of Windemere to the other, about ten miles, so I scoped that out for next year.

Swim Trek runs swims all over Europe and I hope to work for them all next summer — in Greece, Turkey, the Cyclades and the Hellespont. I also plan to go back to Great Britain — to the Scillies as well as to Orwell's Whirlpool in Scotland and down the Thames.

In the end, Swim Trek did pay me. I also had such a good time that I flew back to London for a weekend in October for the Swim Trek end-of-year party and a meeting about scheduling swims for next year. To put a fine finishing touch to this swim season, I took a dip in London's Serpentine on Sunday morning, then had a fine swim in our own Cove later that afternoon. Around the world swimming on the same day! 🐬





Greg LaRoche and the women of the *Wieland* make it two in a row!

# THE PLAQUE IS BACK

by Todd Oppenheimer with Tony DuComb

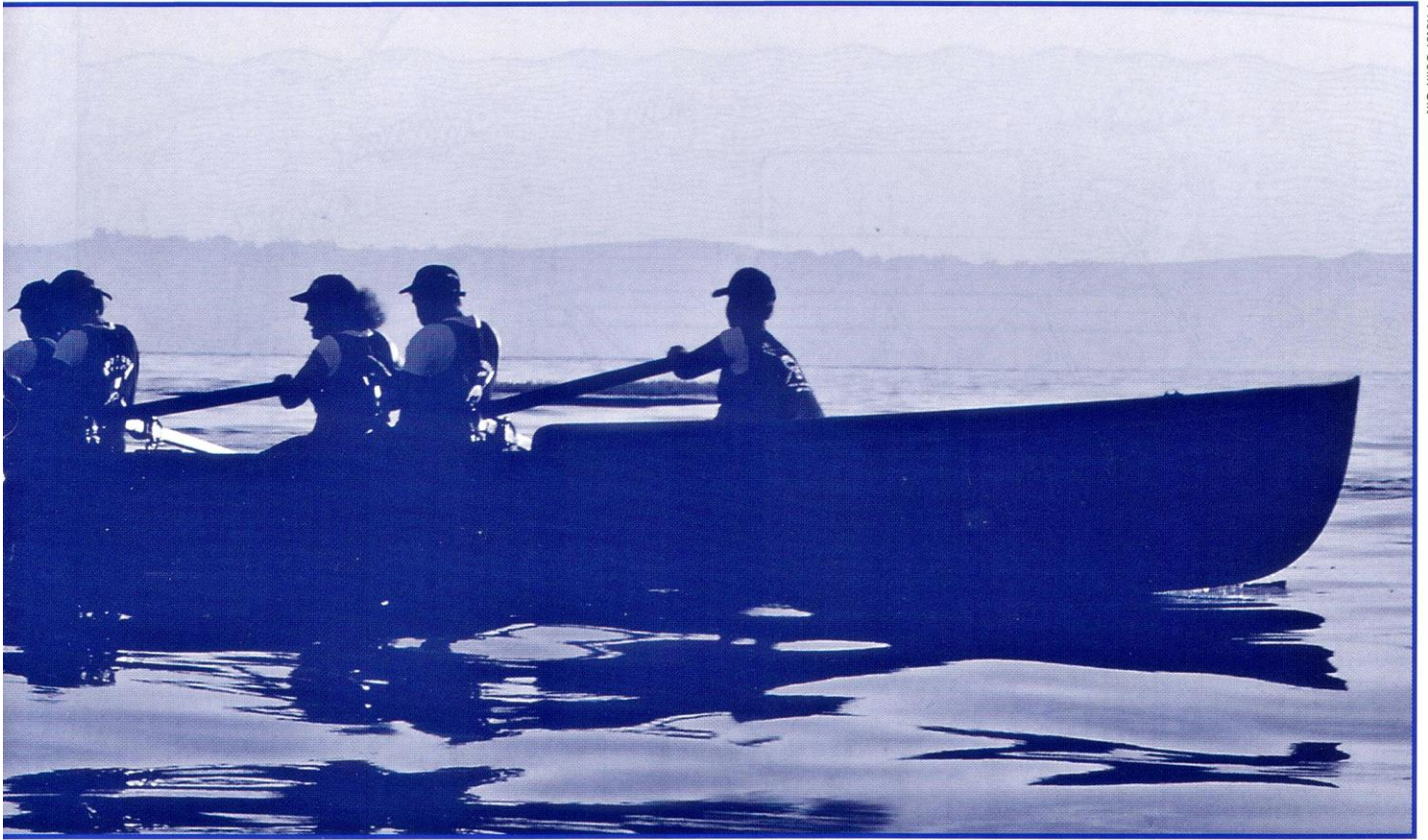
**F**OR THE PAST THREE DECADES, the battle between the Dolphin and South End Clubs has routinely ended with the Triathlon plaque firmly affixed to the South End's trophy wall for another 12 months. Until this year, Dolphins had taken the plaque home just three times – the last being a win in 2001. With this record of dominance, the South Enders were so cocky about another victory that they continued the previous year's lampooning (dolphin on a spit) in a similar vein (steamed dolphin). That was all it took to get Tony DuComb, who managed the event for the Dolphins, in vintage fighting spirit, as could be attested by any Dolphin who watched him round up volunteers around the Club ("I would consider it a personal favor...") In the end, the South Enders' confidence was sorely misplaced. They suffered defeat in two of the three events, the row and the run, and barely managed a win in the swim.

The inter-club triathlon day began with a monumental victo-

ry for the Dolphin women, as the *Wieland* bested the South End barge by two lengths in the row from Alcatraz. Thanks to the efforts of the team – Katie Cronin, Margaret Keenan, Dolores Meehan, Rachael Perry, Cynthia Skovlin, and Corinna Witt – this gave the Dolphins a 35 point head start. For the last two years, coxswain and coach, Greg LaRoche, has rounded up a women's team, always including some newcomers to rowing, and guided them to victory. As rowing trainer John Latta put it, about last year's success, "He took a highly inexperienced crew and turned them into a waterborne dynamo." This year he added two new rowers to four from last year's crew. (With a new baby in his life, he also had less time to give.)

As the other rowing races took place, however, things started to look bleak: the South End took first place in four of the remaining five categories, giving them 80 points. But organization and motivation won out. For weeks before the event, Latta had been placing phone calls, coaxing people to get into boats that often weren't their first choices. The result was a





depth of field in each racing class that brought the Club 2<sup>nd</sup> places in all five events, 3<sup>rd</sup> places in two of them, and a glorious 1<sup>st</sup> by Grant Mays in one: the heavy singles. In some ways, the story of this race is in those 3<sup>rd</sup> place finishes. A few of these rowers were quite slow and, knowing this, might have passed on joining the race. But they came, they rowed with all they had, and they placed, bringing the club five valuable points apiece.

The swim was another story. It unfortunately began in dead waters due to delays. Nonetheless, Dolphins jumped in at Yacht Harbor energized by a fiery speech from Phil Scarborough, who captained the swimmers along with Swim Commissioner Tom Keller. In his speech, Phil lambasted the South Enders for their duplicity last year in blaming the Dolphins for the unfair advantage they gained by their false start. The start was late again this year, but fair, and the result was a squeaker, with the South Enders prevailing by just 4 points, 118 to 114. South Ender Bob Placek was first out of the water for 20 points, but his victory was quickly discounted as Suzanne Heim, Becky Fenson, and Todd Walsh came in second, third, and fourth, earning 19, 18 and 17 points respectively for the Dolphins.

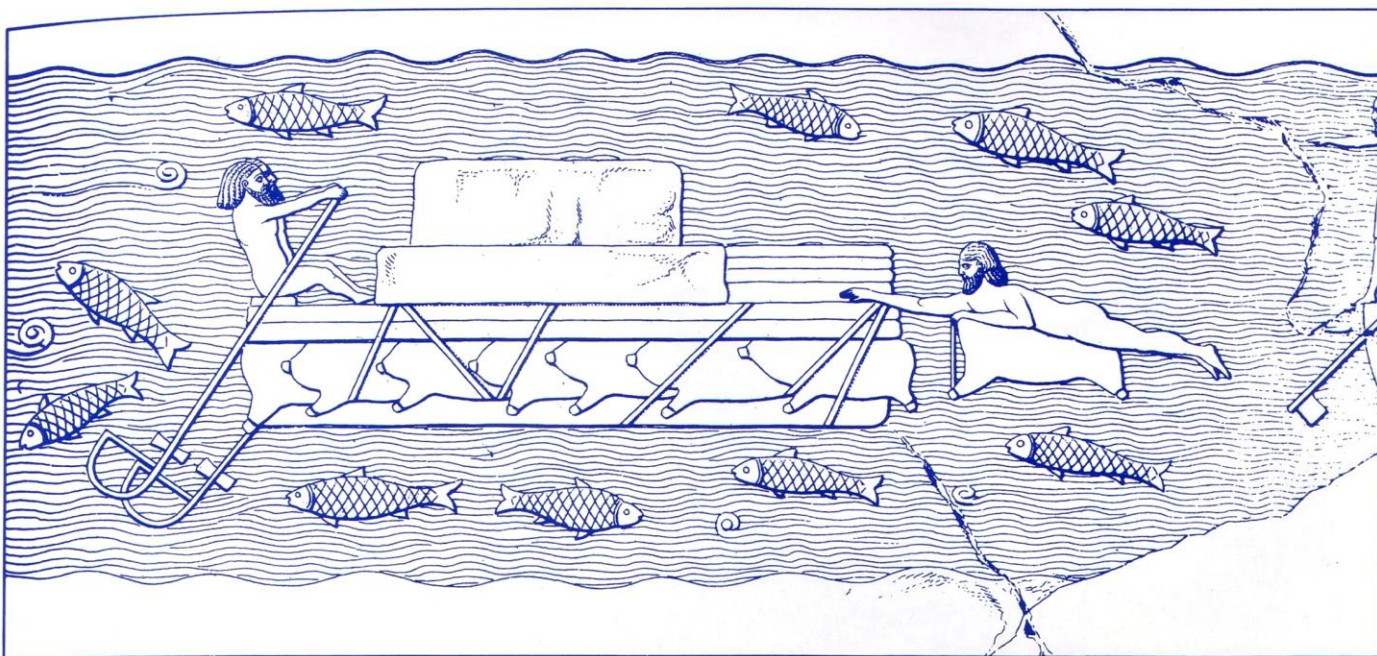
At the end of the swim, the Dolphins were only ahead by 16 points. Tired rowers and cold swimmers then joined their clubs' running elite for the final event — a run to Fort Point and back. For the past three years, the South Enders have dominated this run, sometimes winning by wide margins, due in large part

to the strength of their Tamalpa Club members, who include tough animals like Russ Kiernan. But this year the Dolphins were triumphant, winning the run by a score of 136 to 115. And how sweet that victory was for Dolphin running captain Mark McKee, who brought out the troops for a 2<sup>nd</sup> (Ian McLean), 4<sup>th</sup> (McKee), 6<sup>th</sup> (Tom Dugan), 7<sup>th</sup> (Andrew Schwaab), and 8<sup>th</sup> (Erik Burke).

In perhaps the best display of selflessness, others dusted off rarely-used running shoes to compete for that all-important participation point in an event that is not their forte. Suzanne Heim said she ran with a vengeance to "gain back the point she missed in the swim." Suzie Dods, who rarely runs, gave it her English-Channel all. Dolores Meehan injured her leg running after helping to win the barge race. And Mark Mullen placed in the top 20 after not having run in two years. "I hate the South End so much that I came out of retirement just to run this race," Mullen said weeks afterward, still nursing a sore hip. Animosity can pay. Mullen's 49-minute time was close to his personal best.

At the end of the day, the score was Dolphins 365 and South Enders 328, and the plaque has been hung with pride over the stairs in our Club. Now that the Dolphins have improved their record, there are hopes that the plaque has found a long-term home here. Tony DuComb is so thrilled with these recent victories that he says he looks forward to being the organizing force for these races, and more wins, for years to come. 🐬





Assyrians transporting stone on a raft buoyed by inflated skins and propelled by two oarsmen (cc. 700 BC)

# ROWING THROUGH THE AGES

by Brian Gilbert

**B**EFORE THERE WAS LOU MARCELLI and before there was a Dolphin Club, there was rowing. In fact, rowing predates the modern concept of swimming by about six thousand years.

Rowing began at least 5,500 years ago in the valley of the Nile River. We know this because the first records we have depicting rowed boats are painted on Egyptian pottery that dates from between 3,400 and 3,200 BC. If we allow at least 100 years for the endeavor to begin and advance to the stage where people began recording it on crockery, we have to go back at least a century, to 3,500 BC.

These ancient boats represent an advanced state of rowing development. On page 13, one boat has 17 oars, and the other boats have an impossible number of oars, impossibly close together. Painters have been taking artistic license since the days of cave drawings. The fact is that these boats have multiple oars, and the use of multiple rowing stations is something that probably took centuries to develop.

The smaller image is interesting for several reasons. First, it is

unique in its depiction of an ancient boat from the top of the mast, a so-called "birds-eye view." I've seen hundreds of ancient paintings of boats and only this one has presented such a view. Virtually all other paintings of boats are from the perspective of the waterline, for the obvious reason that this view is the one from which most people see them. (On page 14, there is a depiction of a sea battle wherein a Pharaoh defeats an invading force. Several of the invading ships are lying on their beam ends while preserving the waterline perspective.)

Second, since nothing of importance is depicted here except a boat with oars, we may reasonably infer that it was unusual enough to be painted and common enough so that it would be recognized. In other words, a rowed boat with oars is the only topic; not commerce, or hunting, or the glory of the Pharaoh. And this is a boat, without question; there is even a stylized depiction of a bow wave trailing from the bow on the upper side.

A third reason, which also has to do with perspective, is the lack of importance placed on oarsmen from the perspective of the artist, and, by extension, the society in which the artist



Pottery paintings  
of many-oared  
ships.



Bird's eye view of multi-oared boat.

lived. In the Pharaoh's sea battle, the oarsmen are not depicted; being considered mere adjuncts to the oars. Later pictures sometimes show the rowers, but only as subordinate figures. The custom in ancient times dictated that the people depicted in drawings and paintings were shown in a scale commensurate with their cultural importance. The captain of the ship would be smaller than any dignitary on board; the helmsman (or men) would be smaller yet; and the rowers would be tiny, if they were

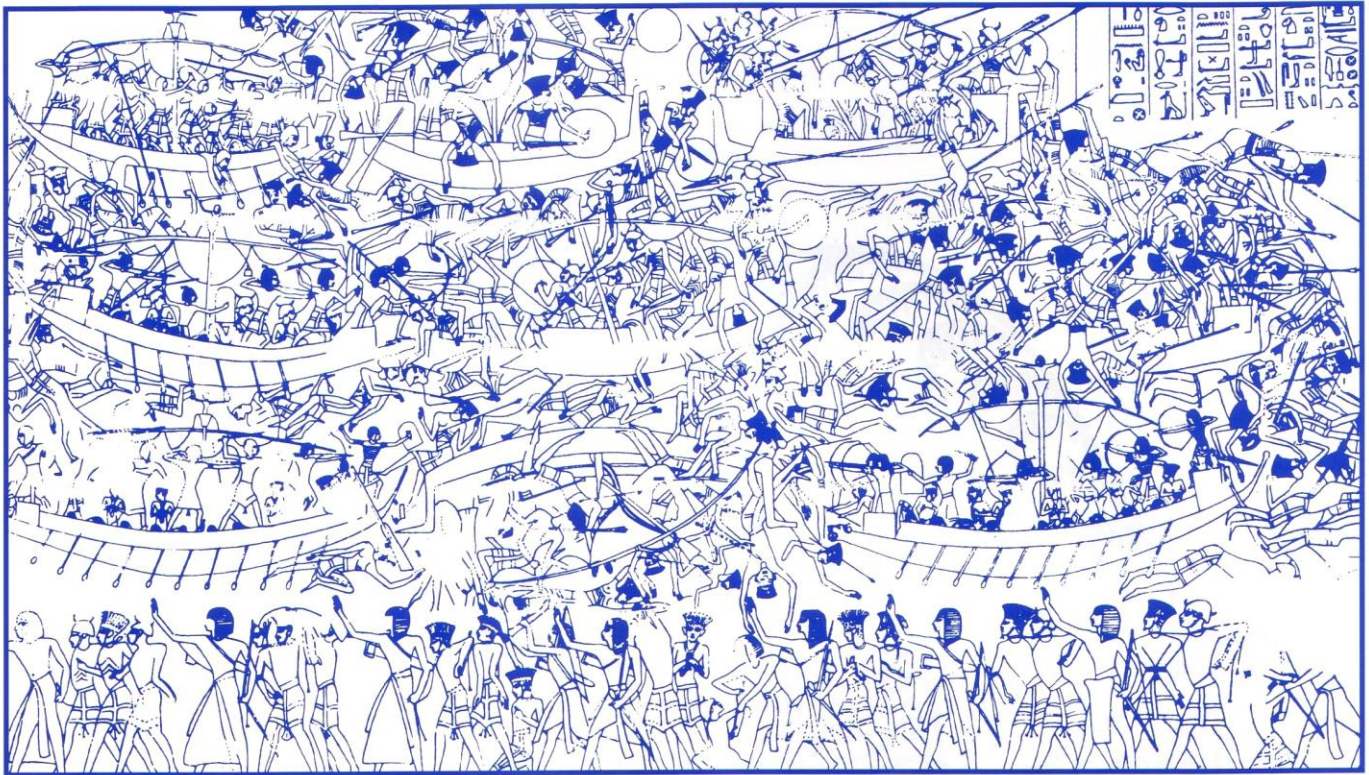
shown at all. This tradition would persist until Brunelleschi introduced perspective in the 15th century.

With regard to the depiction of rowed boats without oarsmen, we pause here for a moment to consider a supreme irony in the history of sports. Throughout history, rowing and oarsmen have generally been relegated to the lowest rungs on the ladder of maritime endeavor, yet today, this activity has achieved an elite place in Olympic sport.

From the Egyptians, through the Phoenicians, Greeks, Romans, Norsemen, Turks, Venetians, and Spanish, being an oarsman was always seen as hard, dirty, dangerous, and unglamorous work, best left to people of low economic standing. The Greeks, those ultimate competitors, started the Olympic Games with contests in running, boxing, wrestling, discus and spear throwing, archery, and even wine-splashing (*kottaboes*); but it seems to have never occurred to them to have a contest in rowing. With the exception of the story of Jason and the Argonauts, the activity does not make an appearance.

The Romans treated oarsmen better than any other people, assigning them the same status as soldiers, at least on warships. But the Norsemen, so proud of their swords and their boats that





The Egyptian Fleet of Ramses III repels an invasion attempt.



Pottery paintings of many-oared ships.



they chose to be buried with the former and in the latter, disdained what they called “the white-ash breeze” — the use of oars — and used rowing as a last resort when the gods didn’t send them a favorable wind, or when they were trying to approach an unsuspecting village up a river. King Charles VII of France began the practice of using galley slaves in the Middle Ages, and the Ottoman Turks quickly followed suit.

Rowing did not achieve the status of a competitive sport until Oxford and Cambridge held their first race up the Thames in 1829. Today, a modern single fiberglass shell costs thousands of dollars, an eight-man shell costs much more, and a competitive rowing program is among the most expensive of all Olympic sporting endeavors.

Despite all this, the practice of rowing has not changed significantly in 55 centuries. An oarsman who labored in the service of the Pharaoh, or a Greek who pulled an oar on a trireme at Salamis, could step into a modern boat and begin rowing. He would find the sliding seat and lightweight oar to be an improvement, with nothing much else changed.

Were the situation reversed, however, the modern rower would have a more difficult time of it than his Egyptian or Greek counterpart. The Greeks in particular seem to have been capable of phenomenal rowing feats, covering as much as 145 miles in a single 24-hour period. That’s comparable to rowing south from San Francisco to San Luis Obispo or north to Ft. Bragg in a single day. Since the modern emphasis is on speed over one- and two-kilometer courses, the comparison is inappropriate; but I think that only a modern Olympian would have a chance of achieving such a feat. The rest of us can only dream of it. 🐬

*The author thanks Tom Kuglen and Judy Polatchek for their assistance with this article.*



# DOLPHIN LOG SWIM STATISTICS

## Swim Commissioners' Report

**M**ANY THANKS TO ALL WHO CONTRIBUTED to this past year's swim program, especially those who adopted swims. You made 2004 a great year! The three of us will be heading up the Swim Commission again in 2005 and, with everyone's help, look forward to more good times.

We are planning to continue the adopt-a-swim program for some of the shorter swims, so please talk to any of us if you are interested in helping out with the program. Also, we are working on some exciting additions to the program. So stay tuned — watch the bulletin boards for up-to-date announcements. Happy New Year and we'll see you on the beach.

— Tom Keller, Rick Avery, and Ted Tilles  
The Swim Commissioners

## Sexygenarian Cove

September 12, 2004

Final Results

**HELPERS:** Gina Rus, Sue Garfield, Nancy Cutler, Sunny McKee, Joe Omran, Nick Blum, Bob Blum, Megan Sullivan, Dan Osborne, Bess Purcell

**PILOTS:** Jim Fagan, Tom Dugan, Jim Frew, Marla McGowan, Suzie Dods, Elizabeth Dennehy

*Brevity-is-the-Soul-of-Wit Course*

1. Bob Danielson	15:08
2. Phil Fernandez	19:39
3. John Davis	21:40
4. Rudy DeMay	22:00
5. Keith Weaver	22:10

*Making Waves at 75*

1. Glynn Jones	16:24
2. Jack Bettencourt	16:37
3. Dan McGill	17:17
4. Ray Artigues	20:39

*Course of the Commodore*

1. Mariuccia Iaconi	10:34
2. The Commodore	10:38
3. Walt Schneebeli	10:43
4. Bob McKenzie	10:47

*Long-in-the-Tooth Course*

1. Peter "Bello" Darlington	17:08
2. Susan Allen	18:28

3. Joe "the Professor" Illick	19:15
4. Dan "Arrowhead" Osborne	20:24
5. Peter Neubauer	20:31
6. Rich "Super" Cooper	21:14
7. "Symphony" Sid Hollister	24:44
8. Sandy Lehmkuhl	26:39
9. Chuck "Iron" Vogt	28:10
10. "Fast" Eddie DeCassio	28:35
11. Mary "Martini" Cantini	28:40
12. Mimi "Auspicious" Osborne	33:28
13. David Broadbear	33:33
14. Peter "the" Butler "did it"	34:00
15. Mary Lou Hirshfelt	35:52
16. Phil "EncyKhlonbergia" K.	43:29
Sharon "phin" Gross (fins)	27:10

**NOTE:** Those of you without a nickname, please understand it is the fault of this swim commissioner's appalling lack of imagination. **-TK**

## Results from the Rock

September 19, 2004

Final Results

**HELPERS:** Sue Garfield, Adam Engelskirchen, Dave Zovickian, Noah and Ben Zovickian, Karen Jenkins, The Commodore, Ned Hoffman, Mary Cantini, Susan Geraghty, Nori Desmas, Pam Derks, Phil Kohlenberg, Lorna Newlin, Ali Hall, Michaelynn Meyers, Pat McGarvey, Joe Omran, Chris Omran, Mimi Osborne, Rebecca Tilley, Rick Avery, Joe Illick, Rachel Kaufman, Laura Atkins, Hugh Kim, Ralph Wenzel.

**PILOTS:** Al de la Peña, Neil Hartnett, Tom Keller, Joe Cowan, John Ottersberg, Steve Irish (radio), Marcus Auerbuch, Jim Fagan, Hal Irish, Connie Wellen, John Blackman, Rich Cooper, Dan Osborne, Jack Bettencourt, Bob Crane, Carol Block, Jack Block, Bob Danielson, Judi Apfel, Sunny McKee, Ray Artigues, Suzie Dodds, Susan Allen, Don Harrison, Marla McGowan, Phil Fernandez.

1. Jo-"Mes"siah Bunting	32:20
2. Candace "Skippy" Kelly	34:47
3. Ali "Cruisin'inCali" Hall	36:11
4. Adam "Paterfamilias" Engelskirchen	36:26
5. Nigel "Lean n' Mean" Killeen	36:43
6. Herr Brian "flyin'" Herrick	39:02
7. Pam "whambam" Derks	39:29
8. Pat "makin' the stats" McGarvey	43:48
9. Rebecca "swimmin'silly" Tilley	44:20
10. Joltin' Joe Omran	45:45



Susan Allen and Mineko Gallic.

11. Boltin' Bill Hadley	46:45
12. Margaret "steamin'" Keenan	46:47
13. Toddy "the body" Oppenheimer	47:04
14. Nancy "the surgeon" Cutler	47:15
15. Mark "tri'n spree" McKee	47:26
16. All Hail Mary Alex	48:21
17. Jammin' Jennifer Lamers	49:27
18. Bob "the Bomb" Blum	49:38

Photo: Jackie Marovich



# DOLPHIN LOG SWIM STATISTICS



Annual reunion luncheon of the first women members.

19. Kate "ain't cold" Coleman	49:40
20. Joe "the Camero" Ferrero	50:42
21. Keith "fast current beneath" Nelson	52:00
22. Rockin' Robin Rome	53:13
23. Mara "sassy" Fratassi	53:28
24. Rick "Oh, beh-" Avery	54:00
25. "Pistol" Pete Neubauer	54:50
26. Joe "stroke n' kick" Illick	55:22
27. Trish "like a fish" Miller	57:40
28. Nicole "nuotatrice" Delisi	59:59
29. Sue "cupaJo" Garfield	60:21
30. Greg "popsiclesticks" Hicks	62:30
31. Kickin' Ken Coren	63:05
32. Hal "swimmin'often" Offen	63:16
33. Jim "ocean blue" Frew	64:50
34. Dean "Dino" Badessa	67:00
35. Scootin' Susan Lauritzen	67:44
35. Steve "the Wrath" Lathram	67:44
37. Groovin' Gary Ersham	69:40

38. Joe "the Salmon" Mannion	70:21
39. Debbie "wed, wed" Rose	70:31
40. Eddie "DC" DeCassio	71:46
41. Katie "as the" Cronin "flies"	73:29
42. Will "to Power" Powning	75:15
DNF Phil Kohlen "ice" berg	

**SPECIAL THANKS** for the greatness of this day are due to Ralph Wenzel and Hugh Kim for the sumptuous breakfast they provided, the proceeds from which went to support the Dolphin Club Building Fund.

## Ft. Point September 26, 2004 Final Results

**HELPERS AND PILOTS:** Ken Coren, Ian MacLean, Dean Badessa, Steve

Lathram, Hugh Kim, Robin Rome, Hal Offen.

1. Becky Fenson	1:02.30
2. John Ottersberg	1:09.47
3. Neal Rayner	1:13.23
4. Ali Hall	1:14.04
5. Nigel Kileen	1:15.16
6. Pam Derks	1:21.27
7. Alan Budenz	1:26.52
8. Kate Coleman	1:27.59
9. Laura Merkl	1:29.33
10. Ralph Wenzel	1:30.00
11. Pat McGarvey	1:30.08
12. Suzie Dods	1:32.24
13. Andreas Kohler	1:32.50
14. Gina Rus	1:33.25
15. Jennifer Lamer	1:35.32
16. Ted Tilles	1:36.00



# DOLPHIN LOG SWIM STATISTICS

Photo: Jackie Merovich



Carol Watson (left) and Elaine Marchant.

## Swingate: Scandal at the Bridge

October 23, 2004  
Final Results

*Never has greater villainy buzzed about the classic towers of San Francisco's Golden Gate Bridge. But thanks to the brave, armed souls of different security agencies, and their occupation of Lime Rock, potential mayhem and rioting were duly prevented.*

**LAND ACCOMPLICES:** Gina Rus, Sue Garfield, Nancy Cutler, Sunny McKee, Joe Omran, Nick Blum, Bob Blum, Megan Sullivan, Dan Osborne, Bess Purcell, Robin Rome, Susan Lyndon, Chris Omran, Patrick McComb, Tom Kuglen, John Ottersberg, Rebecca Tilley, Laura Atkins, Ali Hall, Paula Podolska, Dan McGill, Rachel Kaufman, Dave Zovickian, Andy Stone, Mimi Osborne, Steve Irish

**AQUATIC ACCOMPLICES:** Don Harrison, Marcus Auerbuch, Lyrinda Snyderman, Story Rafter, Scott Thompson, Neil Hartnett, Al de la Peña, Paul Brady, Candace Kelly, Phil Sancimino, Eric Hansen, Mike Ross, Pedro Drino, Phil Kohlenberg, Kevin Harding, Jim Bielinski, Robert Mackey,

John Muir, Dan Osborne, Pete Bianucci, Kent Redwine, Susan Cobb

**WANTED!** These hoodlums, listed with their aliases, are still at large, and considered likely to continue their watery transgressions.

1. Todd "the Fraud" Walsh	23:35
2. Nigel Ki-"ler"-een	24:35
3. Neal "the Steal" Raynar	24:40
4. Laura "Hurtcha" Burtch	25:18
5. No Ali-bi Hall	26:36
6. Tom "the mad bomb" Bishop	27:39
7. Mickey "stickey finger" Lavelle	29:18
8. Joe "the foe" Omran	31:43
9. Kate "jail bait" Coleman	32:00
10. Andy "one phone call" Stone	36:17
11. Trish "prison filler" Miller	38:18
12. Greg "the dreg of humanity" Hicks	38:55
13. Sue "on the loose" Garfield	39:00

*The following members of this sinister syndicate all tied for 14th.*

14. Dean "real mean" BADessa
14. Gina Rus-"tler"
14. Rick "stick 'em up!" Avery
14. Darcy "incarceny" Wettersten
14. Bob "who likes to rob" Blum
14. Pavla-"rsony" Podolska

- 14. Ed "fill 'em full a' lead" DeCassio
- 14. Robin "the bank" Rome
- 14. Nicole "she stole" Delisi
- 14. Debbie "wolf in sheeps clothes" Rose
- 14. Conrad con Blankenburg
- 14. Hal Offen-"der"
- 14. Gary "real scary" Ersam
- 14. Joe "steals dough" Mannion
- 14. Mark "loan shark" McKee
- 14. David "won't behave" McGrave
- 14. Hugh-"ston, he's a problem" Kim
- 14. Dahlia "rob all a' ya" Kamesar
- 14. ex-Conrad Liberty
- 14. Rey "crime DOES pay" Hassan
- 14. Steve "runnin' rum" Lathram
- 14. SuSIN LauritSIN
- 14. Bill "run for cover, here comes" Glover

## Thanksgiving Day Swim

Nov. 25, 2004  
Final Results

*This was a "pilgrim" swim, with teams of six paddling one paddleboard from the beach to the Eppleton Hall and back, then swimming either a short course of about 3/4 mile or a long course of approximately 1.5 miles. Crazy idea, but different and a great way to spend Thanksgiving morning*

**HELPERS:** Laura Atkins, Jim Barron, Sue Garfield, Pat McGarvey, Phil Rollins, Noah and Ben Zovickian

## Annual Swimmer/Pilot Awards

New Years Day Alcatraz	Becky Fenson
Most Polar Bear Miles	George Kebbe
Gas House Cove - Over 45	Pam Derks
Golden Gate - 1st Woman	Laura Burtch
Golden Gate Swim	Todd Walsh
Alcatraz	Si Bunting
Myra Heckman - Handicap Cove	Era Osibe
60+ Cove	Peter Darlington
Paul Lavoie- Pier 39	Becky Fenson
Dick Beeler- Crazy Cove	Todd Walsh
Most 100 Mile SwimMiles	John Otter
Helper of the Year	Mimi Osborne
First Mate	Dan McGill
Pilot of the Year	Paul Brady



# DOLPHIN LOG SWIM STATISTICS

## Escape from Alcatraz Triathlon

	NAME	SWIM	BIKE	RUN	TOTAL	
1	<b>Mark McKee</b> (DC)	48	55	2:20	4:03	<b>FASTEST RUN</b>
2	<b>Ian MacLean</b> (DC)	52	50	2:27	4:09	<b>FASTEST BIKE TIE</b>
3	<b>Morris Cheston</b> (DC)	50	50	2:54	4:34	<b>1ST MALE CRUISER</b>
4	<b>Eric Burke</b> (DC)	50	59	2:45	4:34	
5	<b>Bear Arellano</b> (DC)	63	57	2:39	4:39	<b>FASTEST 1ST TIME</b>
6	<b>Ted Tilles</b> (DC)	51	54	3:08	4:53	
7	<b>Phil Scarborough</b> (DC)	39	52	3:25	4:56	<b>FASTEST SWIM</b>
8	<b>Sean McFadden</b> (DC)	48	52	3:17	4:57	
9	<b>Mike Webb</b> (DC)	50	55	3:14	4:59	<b>15TH TIME</b>
10	<b>Sunny McKee</b> (DC)	49	61	3:23	5:13	<b>1ST WOMAN</b>
10	<b>John Mattox</b> (DC)	55	65	3:13	5:13	
12	<b>Anthony DuComb</b> (DC)	70	58	3:06	5:14	<b>10TH TIME</b>
13	<b>Tom Lithicum</b> (SE)	54	63	3:19	5:16	
14	<b>Ben Grieb</b> (SE)	60	66	3:13	5:19	
15	<b>Naphtali Offen</b> (DC)	64	62	3:22	5:28	
16	<b>Jon Nakamura</b> (DC)	45	67	3:37	5:29	<b>15TH TIME</b>
17	<b>Joanne Desmond</b> (DC)	51	64	3:43	5:38	<b>2ND WOMAN 1ST TIME</b>
18	<b>Mike Laramie</b> (SE)	58	63	3:44	5:45	<b>OLDEST</b>
19	<b>Phillip McGorrige</b> (SE)	58	1:34	3:16	5:48	
20	<b>Andy Field</b> (SE)	59	68	3:56	6:03	<b>18TH TIME</b>
21	<b>Kathy Bailey</b> (SE)	68	60	4:10	5:18	<b>1ST TIME</b>
22	<b>Krist Jake</b> (DC)	55	1:17	4:08	6:20	
23	<b>Joe Mannion</b> (DC)	73	70	3:58	6:21	<b>1ST TIME</b>
24	<b>Gina Rus</b> (DC)	53	65	4:34	6:32	<b>1ST FEMALE CRUISER</b>
25	<b>Owen O'Connor</b> (SE)	55	1:35	4:58	6:33	<b>1ST TIME</b>
26	<b>Mary Cantini-Norkin</b> (DC)	71	1:18	4:13	6:42	<b>18TH TIME</b>
27	<b>Susan Herder</b> (SE)	61	1:22	4:20	6:43	<b>1ST TIME</b>
28	<b>Laurel Condro</b> (SE)	48	64	5:00	6:52	<b>1ST TIME</b>
29	<b>Hugh Kim</b> (DC)	57	1:21	4:35	6:54	
30	<b>Mike Lagios</b> (SE)	56	1:11	5:29	7:16	<b>FINS</b>
31	<b>Linda Nowell</b> (SE)	76	1:39	5:29	8:24	<b>32??</b>
32	<b>Keith Nowell</b> (SE)	63	1:52	5:29	8:25	
33	<b>Tracey McCormick</b> (SE)	59	1:08	DNF	DNF	<b>1ST TIME</b>
34	<b>Jim McCormick</b> (SE)	59	1:08	DNF	DNF	<b>1ST TIME</b>
35	<b>Kristine Buckley</b> (SE)	52	1:30	DNF	DNF	<b>1ST TIME</b>
<b>RELAYS</b>						
1	<b>Jeannett Conley</b> (SE)	1:22				
	<b>Kimo Lai</b> (SE)		1:07			
	<b>John Moss</b> (SE)			1:59	4:28	
2	<b>Duke Dahlin</b> (DC)	41				
	<b>Vince Huang</b> (DC)		46			
	<b>Janet Cheston</b> (DC)			3:28	4:55	
3	<b>Gary Ehram</b> (DC)	1:13				
	<b>Peter Butler</b> (DC)		1:07			
	<b>Barry Christian</b> (DC) and					
	<b>Gary Ehram</b> (DC)			3:29	5:49	

**PILOTS:** Gary Ehram, Laura Merkl

### EXTRA SHORT

1. Rudy DeMay 14.47

### SHORT

1. Laura Atkins 20.25  
 2. Era Osibe 22.11  
 3. Neala Kendall 22.25  
 4. Larry Scroggins 22.19  
 5. Jim Vanya 23.11  
 6. Jim Frew 24.21  
 7. Eric Shackelford 24.43  
 8. Jackie Merovich 25.40  
 9. Peter VanDer Sterre 28.08  
 10. Sarah McCuskey 29.40  
 11. Sue Garfield 34.28  
 12. Mary Cantini 37.05  
 13. Steve Lathram 37.38  
 14. Susan Cobb 44.25  
 15. Jesse Mitchell 44.58  
 16. Ed Horan 45.04

### LONG

1. Becky Fenson 23.30  
 2. Nigel Kileen 28.26  
 3. Laura Burtch 28.55  
 4. Nick Simpson 29.09  
 5. Neal Rayner 31.40  
 6. John Ottersberg 32.44  
 7. Phil Scarborough 34.53  
 8. Mickey Lavelle 34.56  
 9. Joe Omran 36.05  
 10. Peter Drino 36.12  
 11. George Kebbe 36.30  
 12. Kate Coleman 36.37  
 13. Suzie Dods 36.37  
 14. Jennifer Lamers 37.43  
 15. Mo Cheston 38.02  
 16. Mike MGAughy 38.14  
 17. Gina Rus 39.25  
 18. Jim Barron 39.50  
 19. Mark Mullen 42.02  
 20. Krist Jake 43.00  
 21. Joe Illick 43.57  
 22. Andy Stone 45.58  
 23. Rick Avery 44.40  
 24. Anthony DuComb 44.42  
 25. Jamie Robinson 45.12  
 26. Tom Kuglen 45.19  
 27. Robin Rome 45.22  
 28. Vic Pizzaro 46.00  
 29. Rey Hassan 49.56  
 30. Joe Mannion 50.03  
 31. Will Powning 52.20  
 32. David Haskel 52.52



## PRESIDENT'S REPORT

# TRADITION AND CAMARADERIE

by Meg Reilly

**B**ETWEEN THE 1880S AND EARLY 1900S as many as nineteen rowing clubs dotted the shores of San Francisco Bay. Most clubs worked together to host and participate in a full calendar of regattas that drew large crowds, media coverage, and heavy betting. The South End and Dolphin Clubs both figured prominently in these competitions, beating each other and other clubs to take home trophies.

A number of public bath houses for those who chose to dip their toes in Bay waters were also prominent waterfront establishments. Joining them, some of the rowing clubs, including the Dolphin and South End Clubs, also hosted bay swimming events, both competitive and recreational. Although records reflect swimmers crossing the Golden Gate as early as the 1890s, endurance swimming came into its own in the early 1900s. For example, four young women reportedly swam the "gate" in 1911, piloted by South Enders. South End and Olympic Club swimmers made a separate crossing the same year, with a round trip Golden Gate crossing chronicled in 1914.

Between 1900 and 1937, many rowing clubs and bath houses went out of existence, victims of shoreline development and a waning interest in rowing. Fighting the trend, the Dolphin and South End Clubs erected new buildings and thrived, weathering relocations four times until they ultimately came to rest at the foot of Hyde Street in Aquatic Park. By the late 1970s, the Dolphin & South End Clubs were the sole survivors of the original rowing and swimming clubs.

What accounts for the survival of the two clubs? A profound appreciation for Bay swimming and rowing lies at the heart of both clubs' traditions. Today, the clubs foster daily re-enactment of the same activities that occurred over a century ago. (Thankfully, our bathing attire is synthetic not wool.) And we both chronicle our various swimming, rowing, social and other activities, handing from one generation to the next the oral and

written history of club members who swim and row in San Francisco Bay...and beyond.

It's interesting to compare the current Dolphin Club athletic schedule to traditional club events that no longer occur. The Dolphins' annual Hike and Dip that was held in early December involved a walk from the Club to Ocean Beach (at the end of Balboa), a short dip and then lunch for a big crowd of participants and observers at the Cliff House. (See Winter 2004 *Log*). The Richardson Bay Swim began with swimmers bumming a ride on sailboats to Belvedere, then swimming to the Corinthian Yacht Club, where, after hosing off on the beach, they were the club's guests at a meal. The Raccoon Straits swim began at Hospital Cove on Angel Island and ended in Tiburon. Swimmers bummed sailboat rides to the start of that swim, too. Dolphins drove and rowed to an annual picnic at Kirby Cove (west of the north end of the Golden Gate Bridge) where swimming and eating Moon's steak sandwiches occupied the entire day. There were Russian River picnics with swimming and rowing, naturally. Then there was the time the club rented an entire motel for the weekend so members could have a swim at Blue Lakes off Highway 20 between Lake Mendocino and Clear Lake.

The South End, of course, has its own history of such outings and events. But the clubs also got together to stage joint events. Once they conducted a relay race from the Farallon Islands (not repeated for obvious reasons), the South End hosts the annual New Year's Day swim for participants from both Clubs, and the Dolphin-South End autumn competition, hosted alternately by the Dolphin Club and the South End, has been held 27 times.

The swimming, rowing, running, biking, kayaking, yoga, pilates, socializing, eating, boat building, building repairs and general camaraderie that occurs at the Dolphin and South End Clubs today are history continuing to unfold. Once again, many thanks to all our membership for defining the present and future of the Dolphin Club—on a daily basis. It makes being an officer of this wonderful place a pleasure and a privilege. 🐬

Dolphin Swimming &  
Boating Club

502 Jefferson Street  
San Francisco, CA  
94109

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## DOLPHIN CLUB – SWIM SCHEDULE 2005

Dec. 21, 2004	Tue.	Polar Bear Swim Starts	
Jan. 1	Sat.	South End New Year's Day Alcatraz	9:30 am
Jan. 1	Sat.	New Year's Day Cove	11:00 am
Jan. 23	Sun.	Mid-Winter Gas House Cove	7:45 am
Feb. 12	Sat.	Suzie Dods' Winter Fest	9:00 am
Feb. 26	Sat.	Handicap Cove	9:00 am
Mar. 5	Sat.	Garwoods Tahoe Swim	TBD
Mar. 20	Sun.	End of Polar Bear Twilight Swim & Potluck	4:00 pm
Mar. 21	Mon.	Polar Bear Swim Ends	
Apr. 2	Sat.	Pier 41	9:00 am
Apr. 30	Sat.	Pier 39	8:30 am
May 15	Sun.	Bay Bridge	8:00 am
Jun. 1	Wed.	100 – Mile Swim Starts	
Jun. 3	Sun.	Crissy Field	8:30 am
Jun. 25	Sat.	Liam Hennesy's Crazy Cove	9:00 am
Jul. 3	Sun.	Yacht Harbor	8:00 am
July 23	Sat.	Tahoe Relay	TBD
July 30	Sat.	Santa Cruz One Mile	TBD
Aug. 14	Sun.	Alcatraz	9:15 am
Aug. 28	Sun.	Joe Bruno Golden Gate	9:30 am
Sep. 9	Fri.	Over 60 Twilight Cove & Potluck BBQ	6:00 pm
Sep. 17	Sat.	Fort Point	8:00 am
Oct. 1	Sat.	Over 45 Gas House Cove	9:15 am
Oct. 16	Sun.	Dolphin / South End Triathlon	9:00 am
Oct. 22	Sat.	Escape from Alcatraz Triathlon	9:00 am
Oct. 31	Mon.	100 – Mile Swim Ends	
Nov. 12	Sat.	Pilot Appreciation Dinner	6:00 pm
Nov. 24	Thur.	Thanksgiving Day Cove	9:00 am
Dec. 18	Sun.	New Year's Qualifier	10:00 am
Dec. 18	Sun.	Christmas Party	12:00 pm
Dec. 21	Wed.	Polar Bear Swim Starts	

### ROWING TRAINING (ALL FALL ON SATURDAY)

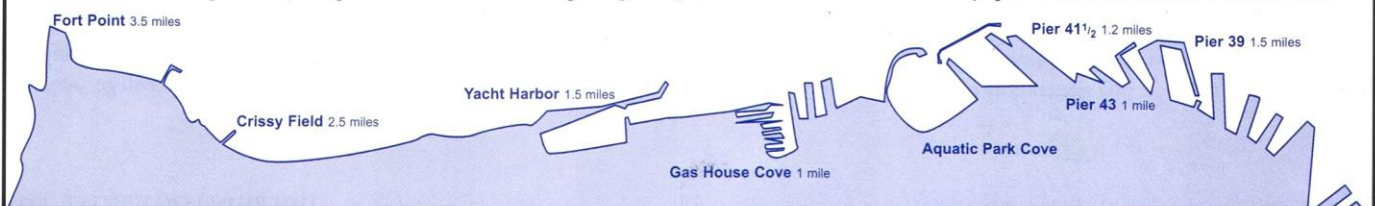
JAN.22	MARCH 19	MAY 21	JULY 23	SEPT. 24	NOV. 19
FEB.19	APRIL 23	JUNE 18	AUG. 20	OCT. 22	DEC. 17

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled out-of-cove swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commissioner.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.

### Additional qualifications for Alcatraz and Golden Gate Swims

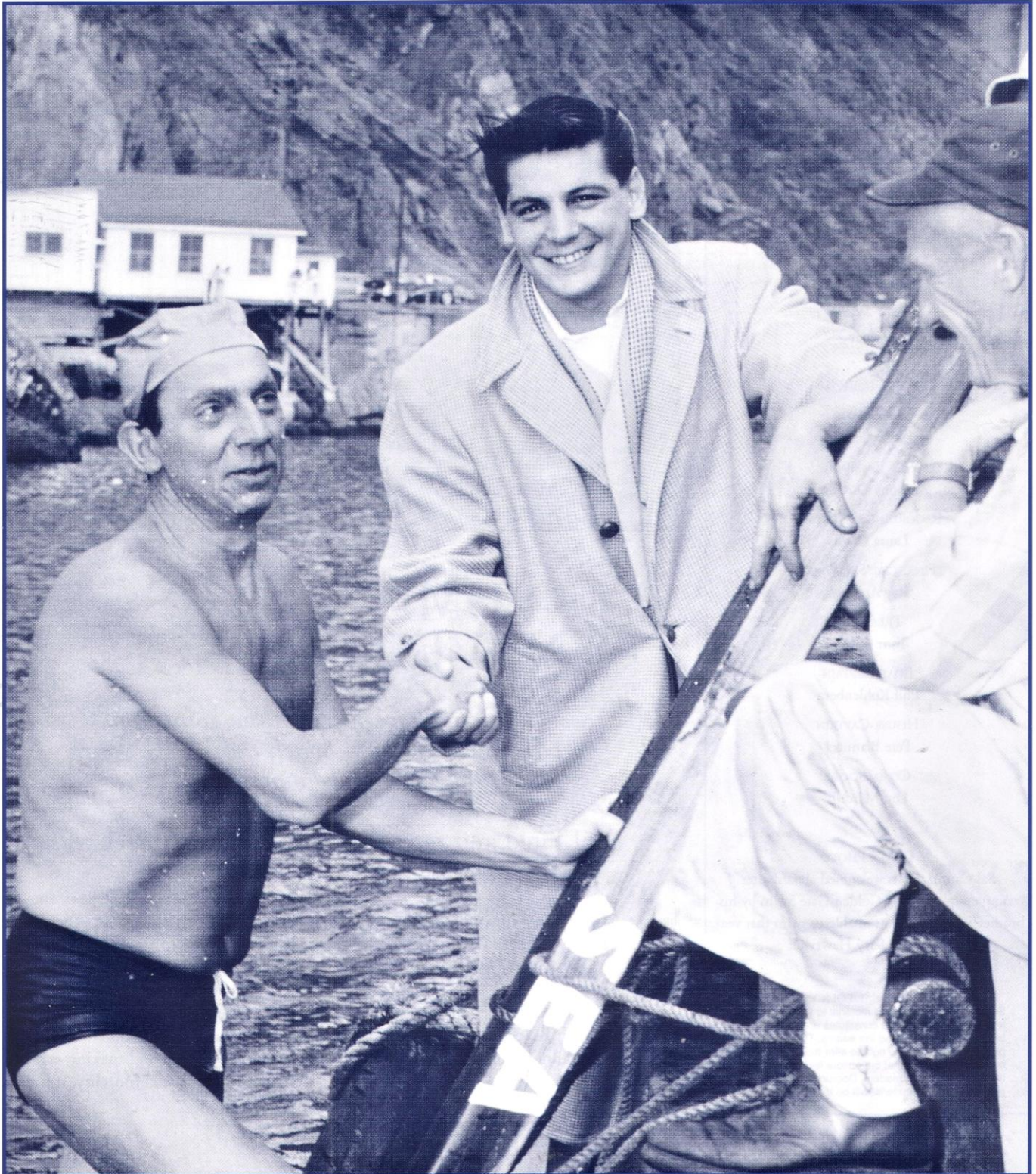
10. In-town members must successfully complete two "qualifying" swims and one other scheduled swim and pilot or help on at least 2 others. (See bulletin board for details and updates.)
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. In swims that are qualifiers, nonqualified members will be given priority over swimmers who have already qualified for the Alcatraz/Golden Gate.





# DOLPHIN LOG

Spring 2005





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#### COVER PHOTO

Sal Cannizzaro is welcomed aboard after completing the 1957 Golden Gate Swim by his brother Vince, who was unable to swim that year.  
Photo by Jerry Hawryluk

#### EDITORIAL POLICY

Submission of any and all material to the *Log* editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for *Log* readers. Decisions to alter or publish submitted material will be the decision solely of the editors.



Aquatic Park, known as North Beach when this photo was taken, CA1870, Pioneer Woolen Mills (rt center), Neptune Baths (center), Selby Smelter (far left).

## SOME THINGS NEVER CHANGE

*A colorful commentary on the goings-on  
on our sacred bathing beach during the year  
of the Club's inception – 1877.*

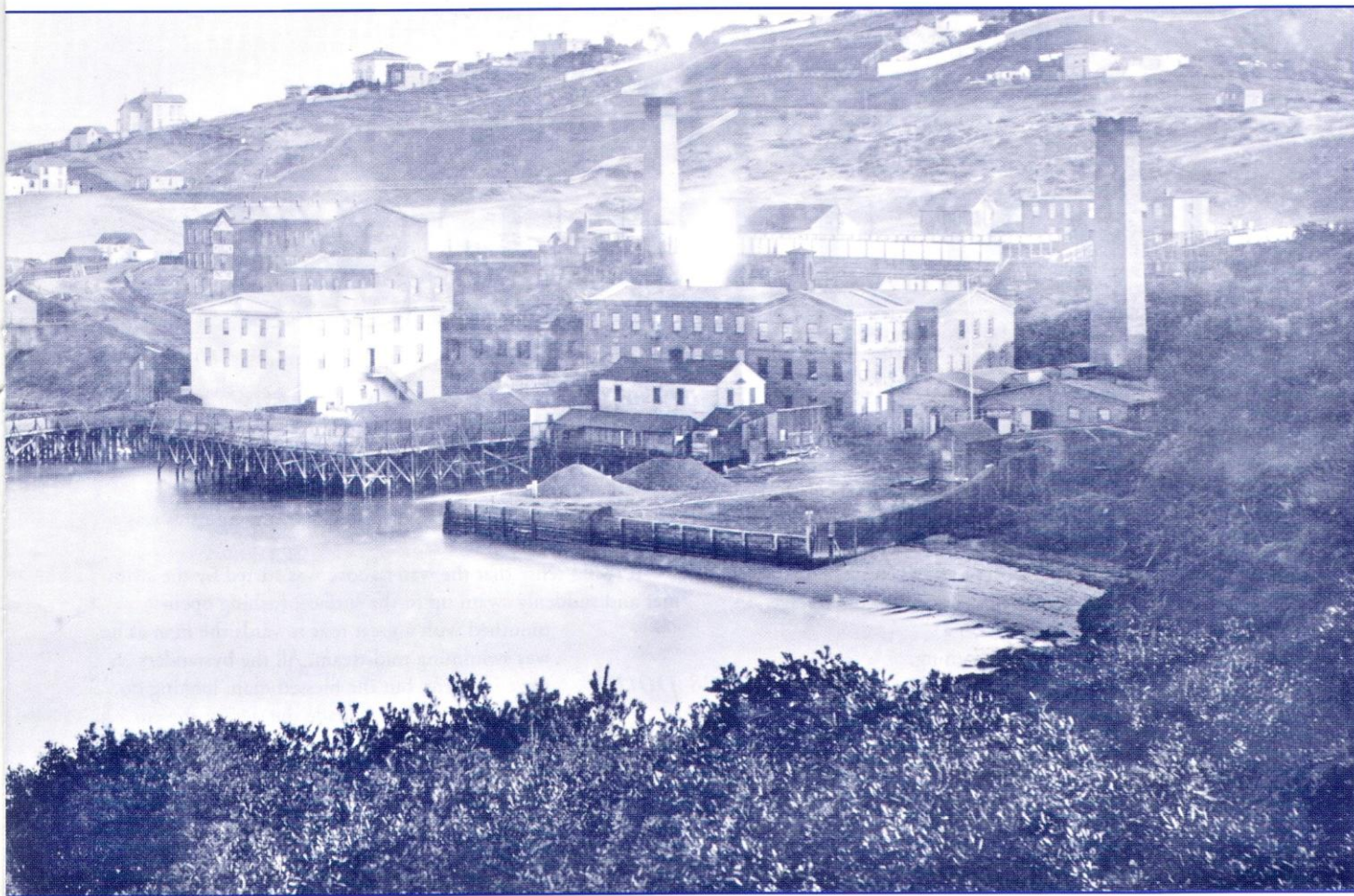
Edited and researched by Walt Schneebeili

### *The Afternoon Splash – Disgraceful Scenes Witnessed at North Beach*

ONE WHO VISITS the bathing stretch at North Beach on a pleasant afternoon cannot avoid the impression that San Francisco is encouraging the rise of an institution beside which the indecen-

cies of the Jardin Mabille in Paris or the disgusting revels of some of the Oriental barbarians with whom sensualism is religion are mild improprieties. The scenes enacted in the locality are the more disgraceful and reprehensible for the reason that they occur in a community claiming the higher civilization and making some pretension to superficial morality, if nothing more.





As intimated in an article yesterday, sea bathing has become more than ever a popular diversion during the present season and is indulged by both sexes at North Beach. During the early morning hours a respectable company may be met at the bathing ground, larger or smaller as the conditions of the weather may invite. The bathing dresses of the ladies who participate are generally neat and modest and more often graceful; while the gentlemen observe the same rules of propriety in their dress.

But in the afternoon, the place seems given over almost exclusively to the unchaste revels of a horde of abandoned people gathered from the dens of vice in all parts of the city. After the waters have been polluted by such a saturnalia, any person with the fastidiousness of a buzzard would certainly await the flow of a tide before an immersion.

During this portion of aquatic diversion, little regard is given to proprieties of bathing attire, though some of the

females, with characteristic tendency to tawdry display, array themselves in gorgeous costumes. As for the male portion of this choice collection, very few of them go to the extravagance of what might be styled a bathing dress at all. They adjust a flaming piece of apparel furnished by the proprietor of the baths, and denominated "trunks," that would fall short of meeting an Apache Indian's sense of decency by considerable. Then there are a few who consider this gauzy encumbrance a superfluity, as not unfrequently noticed. The antics executed in the water by the heterogeneous of both sexes may be better left to the imagination.

Along the stoop in front of the bath houses are usually collected groups of brazen-faced, jewelery bedecked females whose manners and appearance well bespeak their calling. They smoke their cigarettes, take an occasional pull of a flask, enjoy the vulgar spectacle of the bathers, and bandy coarse jests with the muscle men, who pass them to and fro

from the dressing rooms.

Respectable people, particularly ladies, do not patronize the baths at North Beach after the early morning hour. If they do, through misapprehension, venture into the enclosure, they discover their mistake very speedily and escape the contamination with all celerity. In short, the afternoon bath at North Beach may be denominated a disgrace to the city, and the moral effect is bad in the superlative degree. 🐬

### THE DOLPHIN CLUB BUILDING FUND

*An opportunity to support the long-term capital needs of your Club through a tax-deductible contribution or gift.*

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# A DIP IN LOCH NESS

by Larry Scroggins

**L**OCH NESS IS ROUGHLY THE LENGTH of Lake Tahoe, 24 miles long. From side to side, it's about the distance from Aquatic Park to Alcatraz. It's average annual temperature of 50 degrees seems to discourage swimmers, though on a recent November morning, that population of the aquatically inclined numbered at least two. Both of them were aware of its primeval (geologic origins) and mythological (the legend of the monster reported to inhabit its depths) aspects.

The earth's crust, 30 million years ago, was a swirling stew of volcanic globs. At some point, two of these floating globs collided, fusing into what we know as Scotland. The seam of this collision forms a deep ruler-straight valley dividing north and south Scotland. With the gouging glacial activity of the Ice Age, this valley was restructured into a series of long thin lakes comprising what is known today as the Great Glen. In the millennia surrounding the birth of Christ, the Great Glen served as a highway linking the western islands to the east coast of Scotland and Moray Firth.

It was along this highway that a powerful Benedictine abbot, Colum Cille, journeyed about 250 A.D. Colum Cille founded the abbey on the western isle of Iona and sought an audience with King Bridei, the Norwegian ruler of eastern Scotland during that time. When abbot Cille reached Loch Ness in the middle of the Great Glen, he found that the ferryboat was stranded on the opposite bank. The local people warned him that a "water beast" had snatched a swimmer the day before and mauled him savagely. According to Cille's biographer, a monk named Adomnan, "although some men had put out in a little boat to rescue him, they were too late and, reaching out with hooks, they hauled in his wretched corpse."

Undeterred, our man Cille told his aide to take off his clothes, and go fetch the dinghy. Of course, the monster was waiting, as Adomnan relates.

"It could sense that the water above was stirred by the swimmer and suddenly swam up to the surface, rushing open-mouthed with a great roar towards the man as he was swimming midstream. All the bystanders ... froze in terror, but the blessed man, looking on, raised his holy hand, made the sign of the cross in the air and, invoking the name of God, he commanded the fierce beast, saying: 'Go no further. Do not touch the man. Go back at once.' ... The beast fled in terror so fast one might have thought it was pulled back with ropes."

This is one of the miracles that qualified Colum Cille for sainthood and gave him his new name, St. Columba.

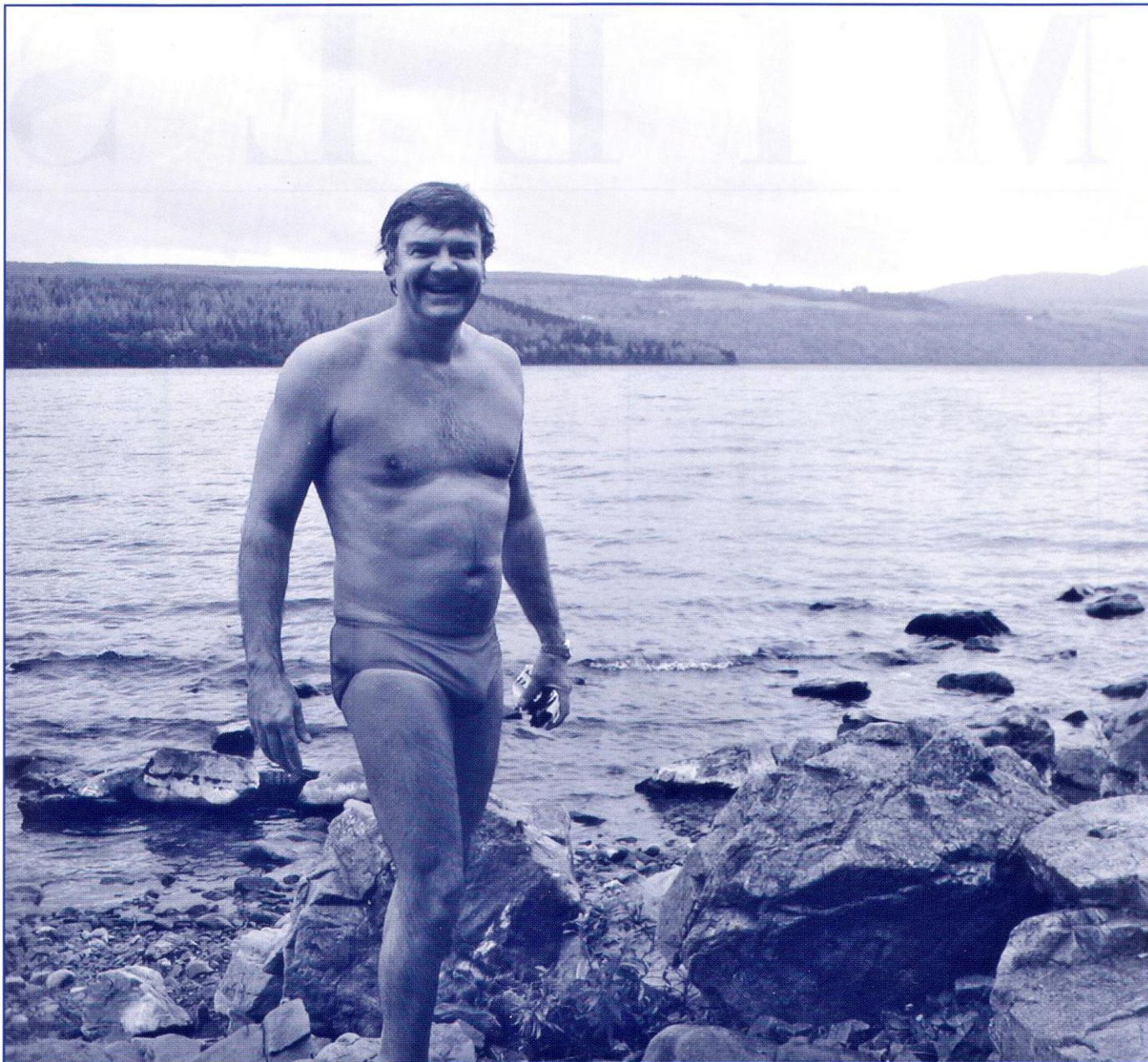
The story also fostered a modern tourist industry based on the promise of capturing a glimpse of the Loch Ness monster. As skeptics point out, the monster would be mighty old by now unless there's been some monster nic-nic in the intervening years. Regardless, the notion of a cold, dark, monster-infested loch was a definite attraction to a couple from the Dolphin Club and required an investigatory dip.

At 48 degrees in November, the water is no colder than San Francisco Bay in its chillier winters, but getting access to the shoreline of Loch Ness requires some effort. One option on the north side of the loch is to visit Urquhart Castle. Historic Scotland maintains two small wooden docks on either side of the castle ruins, but only one dock is accessible to the casual visitor.

Although no signs are posted prohibiting swimming, it definitely seems that the docents would raise an alarm if someone started undressing and making preparations to enter the lake. A bit of scouting northeast of Urquhart on the A82 revealed a less-patrolled alternative. A roadside pullout here offers two wooden staircases to the shore. It is a popular spot for lakeside

*As skeptics point out, the monster would be mighty old by now unless there's been some monster nic-nic in the intervening years. Regardless, the notion of a cold, dark, monster-infested loch was a definite attraction to a couple from the Dolphin Club...*





Larry Scroggins at Loch Ness.

picture taking, but a short walk down the rocky beach also offers adequate seclusion for changing in and out of swimsuits.

The bad news is that the stones on that beach are very sharp and very slippery. It makes the rocky beaches that English Channel swimmers must negotiate almost inviting by comparison. The swimmer must abandon grace and clamber crablike into the water on two hands and two feet, with butt skyward. After about 20 feet of awkward maneuvering, the shore plunges steeply to its fabled depth and the swimmer is afloat.

The swimming experience itself is completely unlike that in the Bay or Lake Tahoe. The water has a strong metallic taste reminiscent of diluted Geritol. And while the visibility is perhaps 15 feet or more, the water is quite black. The November

light starkly illuminates feet and hands against a jet-black background, giving a swimmer the impression of hanging suspended in a bottomless inky cavern or dungeon. Scarcely submerged thoughts of ancient, lurking water beasts complete the tableau.

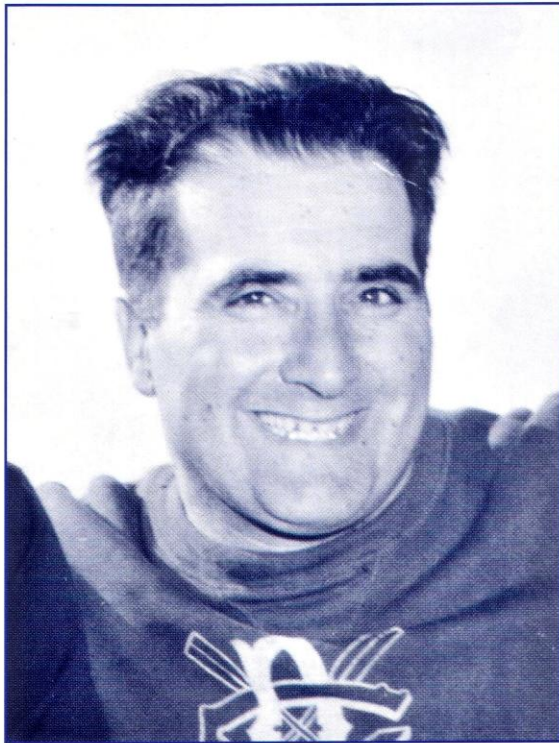
The good news is that the water is cold, the air is cold, and there's no sauna — offering ample excuse for a short swim and a long story.

Australian "Superfish" Tammy Van Wisse set a new record for swimming the length of the loch in 1999. Her time of 9 hours and 6 minutes was 15 minutes faster than the previous record. On her Web site, she says that this was one of the most terrifying swims of her life. A shorter (and slower) swim offers ample corroboration. 🐬



# MILES

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Paul Silvester August 1930

## 75-Year Member *(Diamond Dolphin)*

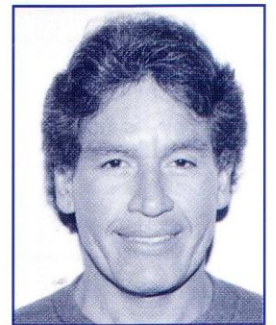


Sal Cannizzaro January 1955

## 25-Year Members



Susan Garfield January 1980



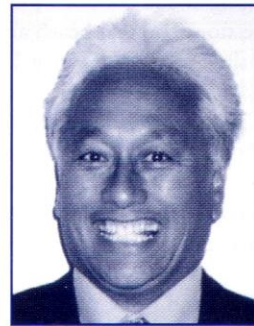
Eduardo Barranco January 1980



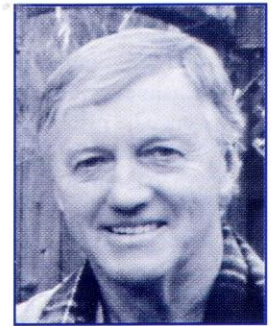
John Dahlberg June 1980



Peter Neubauer June 1980



Mike Koga August 1980



Bob McKenzie September 1980

# T O N E S

compiled by Walt Schneebeli



Vince La Rocca April 1955



Vince Cannizzaro June 1955

## 50-Year Members (Golden Dolphins)

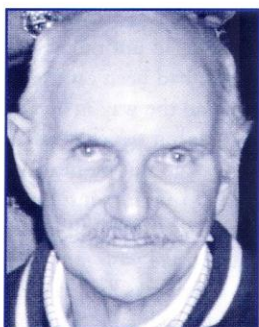
## Deceased



Hal Miramonte Joined 1973



Neil Hartnett February 1980



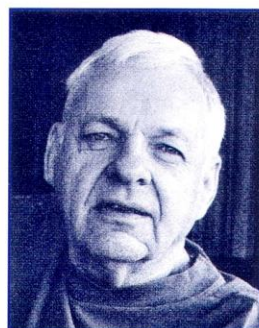
Don Harrison March 1980



Ed Luyken Joined 1960



Bob Katurich Joined 1961



Ned Hoffman October 1980

### Without photo

James Weil January 1980  
James Nelson March 1980  
Terry Chodosh July 1980  
David Ferris July 1980  
Holland Ja July 1980  
Alfred Salmen August 1980  
Ed Urban October 1980  
Scott Schwartz November 1980  
Ronald Hagle December 1980



Carlo Corda Joined 1962



Jack Fleming Joined 1979



# THE 2003 NA PALI CHALLENGE

by Ben Owen

**T**HE NA PALI COAST on Kauai's North Shore is the stuff of calendars, post cards, myths and legends. Formed millions of years ago when half the island crumbled away and fell into the sea, the Pali is a 12-mile stretch of sheer volcanic cliffs dropping 3000 feet to a rugged coastline cut from the lava by cascading water, ocean swells and wind-driven surf. Spectacular waterfalls and improbable sea caves vastly outnumber its beaches, which are very few and very far between. Like the falls and the sea caves, most of the beaches along the Pali are accessible only by water.

Everything about the Pali is dramatic. To be on it or along it is to be in awe of the beauty and the power of the natural world. The ancient Hawaiians believed that this was the place where spirits of the deceased came to "jump off," leaving the world of the living behind. The Pali has maintained that reputation to this day: more people drown at each of its several beaches than at any other beach in Hawaii. The ocean currents are strong, the waves can be big, and the wind comes up in a hurry. Somehow you can tell, just by being there, that the forces of nature around you can take your life in an instant. I think that's why people love the Pali so much: it's the kind of place that puts your life in sharp relief.

Most people viewing the Pali up close see it from a helicopter or on a catamaran tour. A kayak tour is also an option, but it's always a one-way trip in the direction of the trades, which blow briskly from the east roughly 300 days a year. And there is the Kalalau Trail, switch-backing its way in and out of sheer coastal valleys, clinging to nearly vertical cliffs and slipping across steep slopes. It winds its way halfway down the Pali from Ke'e Beach to the Kalalau Valley, an oasis among the Pali's cliffs, with fresh water streams, wild fruit trees, and a beautiful sandy beach. By land, this trail is the only route in or out of Kalalau.

This spectacular landscape was the setting for the Na Pali Challenge: a loosely organized swimming and running event that was held August 30, 2003. Jumping in at Ke'e at the crack of dawn, 30 participants swam 6.5 miles along the Na Pali Coast to Kalalau Beach, and then ran 11.3 miles along the Kalalau Trail back to Ke'e.

I first heard of the Na Pali Challenge several years ago, just after moving to Kauai. The first Challenge had recently been held and to me it seemed impossible. I had kayaked the Pali Coast on my first visit to Kauai, but a small northwest swell made landing at Kalalau unthinkable. I couldn't even imagine trying to swim in! I had been on the trail only once, on my second visit, running all the way in and out on the same day. It was a beautiful trail, but treacherous, slippery, and exposed to the elements. I was laid out by heat stroke the next day. Swimming in AND running out? You'd have to be crazy.

But at an awards ceremony following a 12K road race from Haena to Hanalei (I had won my age group.), a guy asked me if I liked to swim. A second Challenge, he said, was being organized. I made a phone call and put my name on a list.

Finally, a date was set for late August and preparations began. An essential one was a mandatory pre-race meeting to discuss a few important details. Such as where to drop off your dry bag the night before with everything you want for the run; someone would bring it to Kalalau. And the advice that you better bring your own water. And, oh yes, there might be some escort boats, but if you can arrange one yourself, you probably should. No one guaranteed your safety. In fact, anything that happens to you is entirely your own responsibility. The race is free, but it's best not to talk about it too much—unless you know someone who might want to enter—since the whole thing was completely illegal. The authorities would never grant a permit. Oh, and just one other thing: is there anyone that can vouch for your



abilities? I said I had swum from Alcatraz to San Francisco with no wetsuit and then had run the Double Dipsea. I was in, but was advised to put in some long swims and think about wearing fins. "Most people do wear fins," I was told, "but not everyone. Last time a couple of guys didn't even wear goggles. Didn't even wear shoes! And they were on acid!"

So that was the context: proceed at your own risk. It was an event to make Tony DuComb green with envy, unofficially of course.

The Hawaiians believed that the gods of their pantheon and the spirits of their ancestors inhabited the landscape, and that their actions were expressed through natural events and inherent in natural features. Trees and rocks had Mana. Mountains and streams were sacred. A rustling in the trees, a rainbow in the sky were not mere physical phenomena but signs from the spirit-world. These signs were everywhere, at all times. A natural event affecting the outcome of a human endeavor had nothing to do with luck or planning: it was divine intervention. In the midst of this sacred and powerful landscape, no place was more sacred or powerful than the Na Pali Coast. Believe what you want, you can still feel that today. There could be no success in the Pali Challenge without the blessing and protection of the gods. And if you have them, what point is there in insurance?

I was excited about the chance to swim the Na Pali Coast, but a little nervous about being able to pull it off. I mean, what if it did get rough out there? What if I got a cramp? What if I just couldn't do it? But if you weren't self-reliant, you really didn't have any business out there in the first place. This event was set up as an opportunity for the intrepid among us to do our own thing together, and maybe help each other out along the way. Besides, it was only 6.5 miles. And it wasn't like the water was cold!

So I decided to go ahead with it, but to do everything I could to make it as safe and as easy as possible. I even decided to wear fins and a snorkel — you know, just in case. Still, in the weeks leading up to the event I told my dad that this had the potential to be the hardest thing I had ever done.

At 5:30 am on a Saturday morning, 30 swimmers showed up on the beach along with about twenty people with boats — everything from a couple of fishing boats and outrigger canoes to a jet ski and a dozen kayaks, one of which was going to accompany me. It had rained the night and day before, but the morning was calm, clearing, and beautiful. A few hundred miles east of the Big Island, Tropical Storm Jimena had been upgraded to hurricane status, but the anticipated 15-foot swell from that storm wasn't due until Monday. Dawn broke as we stood in a circle holding hands while a new-age hippie from Mill Valley bestowed a blessing upon us. As we came together, a double rainbow appeared in the sky above the Pali — a positive omen, we all felt, enjoying the moment. Then we put on our fins, someone yelled "GO," and we were off.

Less than a minute into the swim my watch caught on another swimmer's fin and broke off. Another omen: don't worry about how long it takes you. About a mile down the coast, we reached Haunakapiai, the last beach before Kalalau. Last chance to turn around. There it goes — five miles to go and no turning back!

After about an hour I started to relax. Thirty minutes later I had done my longest swim ever, and I was only halfway there! At some point I realized that, although I could see a long way up and down the coast, I couldn't see where I had started and I couldn't see where I was going, and although I was close to land, I couldn't see anyplace along the shore I might be able to get out. But I really didn't care, it was so beautiful out there.

The previous night's rain had fed countless mountain streams that were now pouring off the Pali in a seemingly endless series of small waterfalls, many falling directly into the ocean. Waterfalls like these, where a canoe could pull up underneath and receive fresh water en route, are normally quite rare and considered especially sacred by Hawaiians.

Beneath me was an underwater world full of life and so so clear — at least 60 feet of visibility — I was able to set my course by following the shafts of light from the early morning sun. I must have seen a few hundred fish, all different kinds and colors, not to mention huge green sea turtles and a pod of spinner dolphins!

When I had been in the water for nearly three hours I knew I was near Kalalau, but I didn't want the swim to end. When I did finally reach the beach, I felt jubilant. After a quick jog down the beach, I dug into the bananas and slurped gu from my dry bag, then rinsed off the salt in yet another rain-fed waterfall.

Running the trail out from Kalalau was a bit more familiar, but no less dramatic than the swim. The views up and down the coast are unbelievable, but you'd better stop if you want to take them in! The rest of the time, you're far better

off looking at the ground. The trail is rocky, uneven, and rarely more than 18 inches wide. At numerous points you're looking straight down at the ocean, some 400 or 500 feet below. Not as hilly as the Dipsea, it is quite a bit hotter and very, very exposed. The rain-fed streams were a blessing once again as I dunked my head in each and every one. The 11-mile run took me just over three hours, which may seem slow, but I had one of the fastest run times of the day. And I had only one near-death experience, when the trail somehow disappeared beneath my feet and I had to scramble with both hands to get by the gap.

I am happy to report that the whole event came off without a hitch, although some swimmers did get cramps and a few pilots got seasick. The trade winds eventually did pick up, forcing the safety people to pick up the last swimmers about half an hour before the swim's established cut-off time. They were dropped off at the beach and everyone made it back safely.

Though it did not turn out to be my hardest race, the 2003 Na Pali Challenge was definitely one of the coolest things I have ever done. I'll try to let you know in advance if it ever is held again. 🐬

*Everything about  
the Pali is  
dramatic. To be  
on it or along it  
is to be in awe  
of the beauty  
and the power  
of the  
natural world*



# NOT SO COURTLY

by Jonathan Epstein

**H**ANDBALL, FOR ME, has always been the perfect combination of great aerobic exercise, competition, and — most of all — fun. There really is no better full-body workout. Its down side is that it just plain beats the hell out of you. It is very hard on the muscular and skeletal systems. When I'm in the middle of an intense game, I feel at my best. Getting out of bed the next day is another story.

Handball has been in my consciousness my whole life. Looking through family albums, I see my grandfather and father staring stoically at the camera from the one-wall handball courts of Brooklyn's Manhattan Beach back in the 1930s. Grandpa Max played until he was in his mid-70s, and my father until he was married. I attempted to carry on the family tradition at a YMCA in New York when I was 18, but the initial handball experiment lasted only three months. I suffered from swollen joints and bruised hands, and my boss warned me that I'd have arthritis by forty. My fear of being disabled took me off the courts for seven years — until I joined the Dolphin Club in 1988. I have been playing ever since. (My boss was right about the arthritis!)

There is a long history of handball at the Dolphin Club (the boat shop used to house our second court). In fact, before we had an ample supply of hot water and spacious saunas, handball was the major athletic activity of the cold and rainy months. Today we have a small but loyal contingent, about a dozen or so active players. George Brennan and Bill Arietta have been battling each other for years. Paul Brady, our handball commissioner, is a tenacious competitor. The always affable, ever available Dick Keltner covers the court like a tent. Marty Coyne has the

best backwall kill shot with either hand. The newest players are Aristotle Smith and Craig Lawrence; have your defibrulator ready if you challenge either of them.

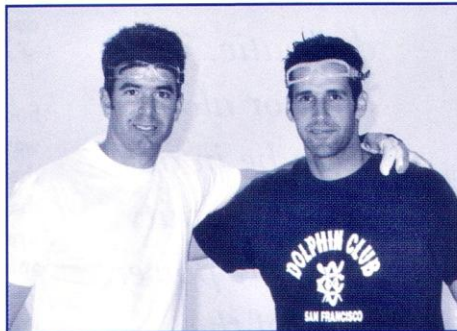
The skill and craftiness of these veterans notwithstanding, handball is a game that anyone can play. It is racquetball without the complication of a racquet. It is the best way I know to improve your hand-eye co-ordination and the use of your off hand. But there is no instant gratification in handball. Be ready to have your butt kicked by someone who looks and sounds like your grandfather — or mine!

The key to playing handball regularly is to get past the first few months. Start out slowly by going out on the court by yourself and simply throwing the ball, alternating hands. When you actually start playing, you'll need some equipment, such as sneakers, gloves, and, most importantly, eye guards. At the beginning, it helps to wear padded gloves to cut down on bone bruises. Also, run hot water over your hands to bring blood there before putting on the gloves.

Patience is the key to developing a strong game. Once you get your timing down, the more court time you put in, the better you will be. But don't play two or three games the first time you hit the court; if you do,

your body will tell you that you made a big mistake, and you are guaranteed a bone bruise. Approached thoughtfully, handball can be enjoyed by anyone: it's a game for the ages and for all ages. There are not many of us playing, but if you decide to take the handball plunge, seek one of us out and ask for some pointers.

Or you may decide to watch the pros play first. Two annual tournaments that draw players from around the state and the country are held on the courts in both our club and in the South End Club — one on or around St. Patrick's Day and the other on Cinco de Mayo. ☂



Craig and Aristottle

*The newest players are  
Aristotle Smith and Craig  
Lawrence; have your  
defibrulator ready if you  
challenge either of them.*



# DOLPHIN LOG SWIM STATISTICS

## Swim Commissioners' Report

*'A cold coming we had of it,  
Just the worst time of the year  
For the journey, and such a long journey:  
The ways deep and the weather sharp,  
The very dead of winter.'*

— T.S.Eliot, *Journey of the Magi*

ELIOT'S WORDS RANG TRUE FOR MUCH OF THIS SEASON, especially the day many morning swimmers slurred "47.5 degrees!" which they managed to read from their shaking wrist-watches. Still, towards the end of the Winter, Dolphins enjoyed unusually warm steps in the march towards the 21st, a journey made all the more challenging by Peter Drino.

Drino, no stranger to dreaming up exciting swims, created an alphabet of swims for the last twenty days of the polar bear. In March, you would see many swimmers scribbling S-BB-R-GP-N on their arms, the initials of different buoys and landmarks would-be Drino'phins would circumnavigate on their way to completing his fifteen- to twenty-day trial. Half of every swim was against the tide – and our better judgments for acquiring polar bear miles – but hearty and fulfilling, like a plate of Lou's calamari.

The swim commission would like to report that the Suzie Dodds Winterfest was cancelled due to very thin attendance. I blame myself, but a very sick, flu-exhausted self I was. Though able to sit up in bed and take nourishment, I was unable to advertise this event well enough to drum up the kind of limitless fun that Suzie captured a few years ago when she first came up with the Winterfest triathlon.

Along the lines of events, I would like to make a correction to the upcoming Liam Hennessy Crazy Cove. Although the association of Liam with this swim was obvious and natural, I have been told that Dick Beeler has had his name attached to it for a very long time. So, we will honor Dick Beeler's spirit when it comes time for the Crazy Cove, while inviting Liam to once again come up with a great course and theme.

With the water warming up, this should be a wonderful year for being at the Club and in the bay.

Come on out and participate in our many events, either by swimming, helping and/or piloting.

— Tom Keller, with Rick Avery and Ted Tilles  
*The Swim Commissioners*

## Doc Howard Over 45 Gas House Cove

*August 14, 2004  
Final Results*

**HELPERS:** Rebecca Tilley, Robin Rome, Mary Cantini, Rachel Kaufman., Liam Hennessy, Chris Omran, Mary Lou H.,

Andy Stone, Mary Narschfel, Pete Neubauer, Roger Kleid, Phil Sancimino, Paul Brady, Kate Coleman, Krist Jake, Pavla Podolska

**PILOTS:** de la Peña, Cynthia Skovlin, Tim McElligot, Jim Frew, Marcus Auerbuch, Pat Howard, Vince Rioux, Ray Artigues, Dean Badessa, Harry Louie, Bob

Danielson, Judi Apfel, Don Harrison

1. Pam Derks	20:48
2. Alice Jones	20:50
3. Mickey Lavelle	20:54
4. Joe Omran	21:00
4. Dave Shutt	21:00
6. Peter Darlington	21:05
7. Pat McGarvey	21:15
8. John Moyes	21:19
9. Rich Antonchuk	21:55
10. Kate Coleman	22:13
11. Conrad von Blankenburg	22:24
12. Larry Scroggins	23:06
13. Krist Jake	23:17
14. Pete Neubauer	23:44
15. Bob Blum	23:45
16. Keith Nelson	24:02
17. Robin Rome	24:10
18. Lisa Smith	24:25
19. Peter van der Steer	25:00
20. Megan Sullivan	25:16
21. Carol Murphy	26:05
22. Naphtali Offen	26:10
23. Ken Coren	26:15
24. Mike O'Connor	26:50
25. Roger Kleid	27:10
26. Steve Latham	27:28
27. Bill Glover	27:41
28. Anthony DuComb	27:52
29. Debby Rose	30:02
30. Mary Cantini	31:32
31. Ed DeCossio	31:57
32. Phil Sancimino	34:25
32. Mike McElligot	34:25
34. Keith Weaver	35:58
35. Paul Brady	37:00
36. Michaelynn Meyers	39:06
37. Pavla Podolska	39:11
38. Phil Kohlenberg	43:17

## Twilight Swim: Roundtrip Breakwater

*August 20, 2004  
Final Results*

Everyone seemed to have a wonderful time both at the swim, originally from Pier 43, and at the BBQ/ Potluck. Many thanks to Mark and Sunny McKee for their tireless efforts in organizing and leading the swim and dinner.

**HELPERS:** Mark & Sunny McKee, Anne



# DOLPHIN LOG SWIM STATISTICS

Sasaki, Brandi Neri, Pam Derks, Mimi Osborne, Loretta Madden, Cynthia Skovlin, Henri Humphreys, Susan Cobb, Dave Zovickian & co., Mike Dixon, Rey Hassan, Katie Cronin, Laura Atkins, Mary Lou Hirschfield, Dan Fitzsimmons

**PILOTS:** Tom Kuglen, Al de la Pena, Steve Irish (radio operator), Dan Osborne, Keith Foxe, Jim Fagan, Hal Irish, Ray Artigues, Mickey Lavelle

1. Todd Walsh	20:47
2. Laura Burtch	21:45
3. Andrew Sullivan	22:43
4. Neal Payner	22:57
5. Michael T-Hahn	23:52
6. Peter Darlington	24:53
7. David Shutt	25:28
8. Alan Budenz	25:46
9. Joseph Omran	26:29
10. Jim Barron	28:50
11. Keith Nelson	29:46
12. Jennifer Lamers	30:14
13. Hugh Kim	31:35
14. Rodes Fishburne	32:05
15. Susan Cobb	32:30
16. Ken Coren	32:30
17. Hal Offen	32:55
18. Jim Frew	34:25
19. Bess P. - T-Hahn	35:37
20. Rey Hassan	35:57
21. Stephen Stout	38:35
22. Cynthia Skovlin	39:03
23. Katie Cronin	40:44
24. Ed DeCossio	41:36

## Gas House Cove

January 23, 2005  
Final Results

**PILOTS:** Marcus Auerbuch, Nick DeMay, Mickey Lavelle, Stephen Stout, Thomas Wehlen, Phil Kohlenberg, Ed DeCossio

**HELPERS:** Laura Atkins, Rick Avery, Rudy DeMay, Suzie Dods, Jon Ennis, Sue Garfield, Rey Hassan, Greg Hicks, Joe Illick, Fred Johnson, Tom Keller, Joe Mannion, Pat McGarvey, Sunny McKee, Marla McGowen, Napthali Offen, Mimi Osborne, Dan Osborne, Phil Rollins, Ted Tilles, Darcy Wettersten, David Zovickian

1. Suzanne Heim	17.41
2. Si Bunting	18.54



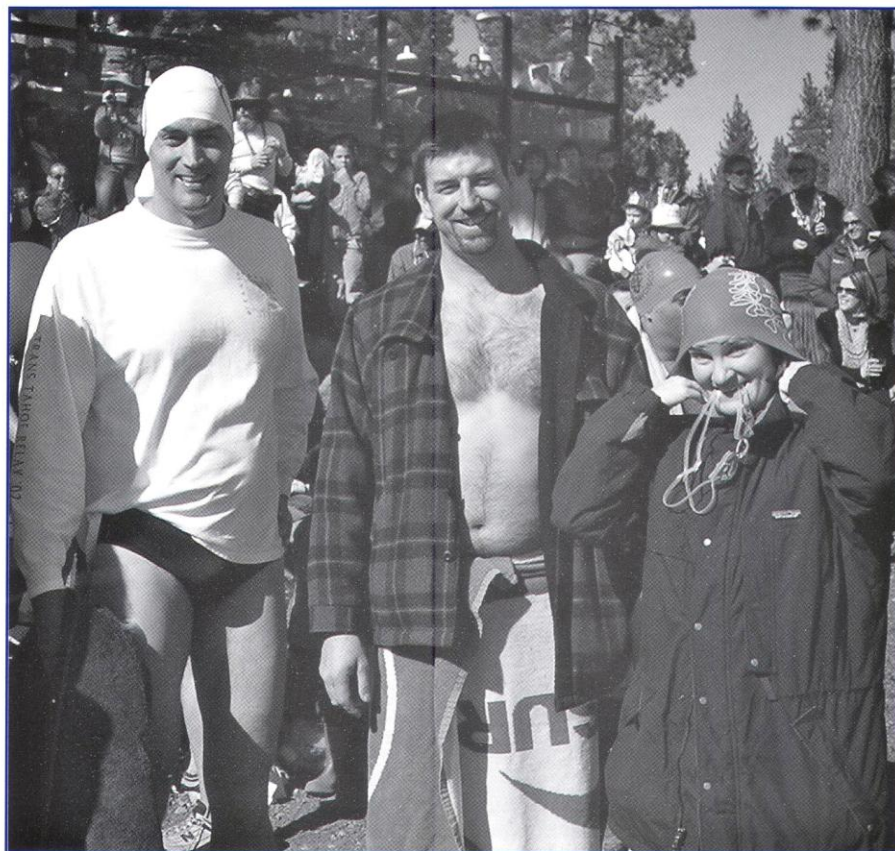
The Garwoods Dolphin gang and friends.

3. John Ottersberg	19.16	24. Greg Hicks	29.16
4. Candace Kelly	19.56	25. Robin Rome	30.34
5. Nigel Killeen	20.54	26. Ken Coren	30.41
6. George Kebbe	22.34	27. Sue Garfield	30.52
7. Sean McFadden	23.05	28. Jim Frew	30.56
8. Jon Ennis	23.34	29. Napthali Offen	30.58
9. John Pelka	24.13	30. Dean Badessa	31.03
10. Mo Chesterton	24.25	31. Vic Pizarro	31.20
11. Rebecca Tilley	24.36	32. Rey Hassan	31.46
12. Suzie Dods	24.47	33. Jamie Robinson	32.00
13. Conrad vonBlankenberg	24.57	34. Anthony DuComb	32.00
14. Ted Tilles	24.59	35. Darcy Wettersten	32.54
15. Mike McGaughy	25.03	36. Carol Watson	33.23
16. Mark McKee	25.10	37. Steve Lathram	33.37
17. Tom Hoffman	25.17	38. Roger Kleid	33.41
18. Sunny McKee	25.25	39. Joe Mannion	33.42
19. Neal Powers	25.48	40. Will Powning	36.33
20. Rick Avery	26.18	41. David Haskel	39.41
21. Joe Illick	27.29	42. Sarah McCuskey	40.50
22. Mark Mullen	27.51	43. Pavla Podolska	55.23
23. Fred Johnson	27.56		

Photo: Fitz Pizarro



# DOLPHIN LOG SWIM STATISTICS



John Ottersberg, Adam Engelskirchen and Candace Kelly at Garwoods.

## Twilight Cove Swim

March 20, 2005

Final Results

**PILOTS:** Susan Allen

**HELPERS:** Susan Allen, Stu Etzer, Tom Keller, Pat McGarvey, Leslie Omran, Mimi Osborne, Pavla Podolska, Phil Rollins

### Short Course

1. Joe Ferrero	11.35
2. Carol Watson	14.38
3. Ken Coren	14.39
4. Cynthia Skovlin	15.00
5. Margaret Keenan	16.00
6. Wendy Katzman	17.00
7. Era Osibe	17.01
8. Mike Dixon	18.05
9. Jessie Mitchell	22.10
10. Ed Horan	22.10

### Medium Course

1. Piper Murakami	27.47
2. Ian MacLean	28.19
3. Joe Omran	28.26
4. Laura Atkins	30.00
5. Robin Rome	32.25
6. Greg Hicks	32.45
7. Anthony DuComb	32.59
8. Jim Frew	33.56
9. David Haskel	39.25

### Long Course (1.5 miles)

1. John Ottersberg	26.56
2. Candace Kelly	27.07
3. Adam Engelskirchen	27.23
4. Brian Herrick	28.46
5. Nigel Killeen	29.01
6. Jon Ennis	30.45
7. Suzie Dods	32.04
8. George Kebbe	34.02
9. John Pelka	34.30

10. Adrian O'Callaghan	34.38
11. Rick Avery	37.20
12. Ted Tilles	37.21
13. Sunny McKee	37.40
14. Joe Illick	39.20
15. Mark McKee	40.05
16. Mark Mullen	42.44
17. Tom Dugan	42.52
18. Naphtali Offen	47.00
19. Vic Pizarro	50.12

## 2005 Polar Bear

Final Results

Joe Illick	169
Laura Merkl	121
Tom Keller	119.75
Brian Herrick	113.5
Rick Avery	100.5
Suzie Dods	94
Jon Ennis (Virgin)	78
Ralph Wenzel	76.5
Naphtali Offen	76
Vic Pizzaro	75.5
Nigel Killeen	75
Joe Omran	73
Micky Lavelle	72
John Pelka	71
George Kebbe	67
Sean McFadden	66.5
Philip Scarborough	63
Dean Badessa	62
Neal Powers	60
Phil Rollins	55.5
Carter Seddon	55
Hugh Kim	55
Peter Conidi	54
Phil Kohlenberg	53
Candace Kelly	52.5
Adrian O'Callaghan (Virgin)	52.5
Dan Taaffe	52
John Ottersberg	51
Sue Garfield	50.5
Rocky Muzzini	50.5
Nancy Hayes (Virgin)	50.25
Krist Jake	50.25
Mike Dixon	50
Jamie Robinson (Virgin)	50
Patrick McComb (Virgin)	50
Mark McKee	50
Peter Drino	50
Tom Hofmann	50
Steve Lathram	50
Vincent Huang (27th Consecutive PBI)	48.5



# DOLPHIN LOG SWIM STATISTICS



Photo: Robin Rome

Susan Allen and Forklift redux.

Fred Johnson	47.5	Milan Odenhal	41.25	Keith Howell	40
Adam Goldberg	45	Joe Mannion	41.25	Becky Fenson	40
Pavla Podolska	45	Steve Worthington	41.25	Dave Maloney	40
Jim Frew	45	Bill Clemens (Virgin)	41	Liam Hennessey	40
David Lokshin	45	Pete Neubauer	41	Tom McGraw	40
David Rich	45	Peiter Kruit	41	John Selmer	40
Darcy Wettersten	45	Adam Engelskirchen	40.75	Liz Ann Schiff	40
Mo Cheston	44.5	Jackie Merovich	40.75	Gerald Cullen	40
Ted Tilles	44.5	Larry Scroggins	40.5	John Dugan	40
Sunny McKee	44.25	Anthony DuComb	40.5	John Mervin	40
Mark Mullen	44	Jon Nakamura	40.5		
Lee Hammack	43.5	Carol Watson (Virgin)	40.5	<b>Over 60</b>	
Mimi Osborne	43.25	Rey Hassan	40.5	<b>(Goal: 20 miles)</b>	
Rebecca Tilley	43.25	Susan Cobb	40.5	Mary Cantini	31.5
Robin Rome	43	Tom Dugan	40.25	Steve Townsend	31
Laura Burtch	43	Greg Simon	40.25	Roy Bergmann	28
Mary Alex	42.5	John Theede	40.25	Keith Weaver	24.5
Andy Stone	42.5	Si Bunting	40	Jesse Mitchell	23.25
Thomas Wehlen	42.25	Michaelyn Meyers (Virgin)	40	Peter McLaughlin	22.5
Nick Payne	42	David Haskel (Virgin)	40	Maria Boden	21.25
Patrick Freilinger	41.5	Eric Burke	40	Ray Artigues	21
Dustin Latka	41.5	Will Powning (Virgin)	40	Sarah McCuskey	21



## PRESIDENT'S REPORT

# LOOKIN' GOOD

by Ken Coren

**I**N MID-JANUARY, KEITH WEAVER ASKED ME: How is the Club doing? Coming from a member who is at the Club almost daily, readily volunteers his time, and regularly enjoys the Club's activities, the question got me thinking....

Currently we have 942 members [655 men/287 women] — close to historical highs, with younger new members balancing the “new” Old Timers. More important, the mood around the Club seems lighthearted. Folks are hanging out and enjoying each other. Joe Cowan and Laura Atkins, with the enviable culinary talents of Mike Dixon and a good number of others, have sparked a revival of the tradition of potluck dinners on the first Friday of each month. Cecco would be thrilled.

Our beautiful building is holding up just fine. A few chronic leaks defy the expertise of the Building Committee, but longevity itself is an essential component of tradition, and persistent leaks are no exception. Another tradition that unfortunately seems to be taking root is the return of the five-ton forklift on Old Timers' eve. The damage done to the deck this year was remarkably similar to that of four years ago, but our spontaneous collective response was a bit different. Long before House Captain Pete Bianucci directed the crane that extended over the Sancimino Room, the forklift was festooned with holiday lights and Tonka toys. I'm looking forward to the creation of a perpetual trophy, bearing a replica of the forklift of course, that will be awarded each year to the Dolphin who ...deserves it the most.

In spite of that forklift, our building is in fine shape, thanks to a solid core of members who, over the past decade or so, had the vision and dedication to plan and carry out major renovation, expansion and remodeling projects. The entire membership needs to be acknowledged for this as well, because those projects were paid for out of a combination of regular dues and donations made to the Building Fund. The present membership is now enjoying the benefits of that steadfast support, and appears ready to carry it on. Tradition in action.

The boats. The boats. We have all kinds of boats, each with its own aficionados, limitations, and concerns. The wooden boats are our treasures, but they are, after all, made of wood. We are keepers of long tradition, a large part of which is rowing Whitehalls on the Bay, which is something special. But from the Whitehalls to the heavy trainers to the *Wieland* those wooden boats have to be repaired and maintained. One of the most intimate opportunities to become part of our wooden boat legacy occurs each Tuesday at

Boat Night. Once you have built, repaired, or refinished part of a boat, it becomes your boat, and you, as a result, become part of a tradition that the Dolphin Club has kept alive and thriving for 128 years. As a practical matter, the swimmers depend heavily upon the wooden boats during Club swims. I would like to see more swimmers participate in Boat Night. To this end, Boat Captain Phil Kohlenberg and Swim Commissioner Tom Keller have agreed that attendance at Boat Night will count as a “help” for those seeking to qualify for the Alcatraz and Gate swims.

We also have shells, inflatable motorized boats, and kayaks. More and more members have taken an interest in rowing the shells, which will surely lead to competitive and non-competitive opportunities with other organizations. Soon, more reliable and cleaner four-stroke engines will power our motorized boats, and we will begin pilot training for them, including the Arias.

Handball? Our players are dedicated, and welcome others to join their close and hardy band. Thanks to commissioner Paul Brady our court was refinished to a high and tacky (a good thing in handball) sheen, just in time for the May tournaments.

Parties? So far, terrific. Tom Keller, Mimi Osborne and company did a tremendous job making the world safe for the Sancimino Clan's Old Timers' crab magic. I have been told that since I became president “the cakes have gotten much better,” but the credit must go to Ralph Wenzel and his Schubert's Bakery.

Oh yes, the swim program. The Polar Bears have come and gone, enlivened at the end by Peter Drino, who once again invited us to share his knowledge of the tides, his capacity for physical challenge, and his sense of aquatic play by inventing new ways to swim the cove. The swim program is in the inventive and capable hands of Tom Keller, Rick Avery and Ted Tilles — nothing to worry about in that department.

Talk about tides and currents! Largely through the continuing efforts of Meg Reilly, we have excellent relationships with the City, the Port, and the Maritime Museum. I find the Club's Board of Governors to be a group of people with diverse ideas, wants, interests, and Club experience, who work together in an open and straightforward manner. All this, combined with the work done during committee meetings, allows us to address issues and, more often than not, actually resolve them.

Wrapping up: the building is solid, the membership is strong and involved, the boats are in decent repair and are being well used, the swim program is in good hands, there's money in the bank, and people sure seem to be enjoying each other's company. 🐬



Dolphin Swimming &  
Boating Club

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## DOLPHIN CLUB – SWIM SCHEDULE 2005

Dec. 21, 2004	Tue.	..Polar Bear Swim Starts	
Jan. 1	Sat.	..South End New Year's Day Alcatraz	..9:30 am
Jan. 1	Sat.	..New Year's Day Cove	..11:00 am
Jan. 23	Sun.	..Mid-Winter Gas House Cove	..7:45 am
Feb. 12	Sat.	..Suzie Dods' Winter Fest	..9:00 am
Feb. 26	Sat.	..Handicap Cove	..9:00 am
Mar. 5	Sat.	..Garwoods Tahoe Swim	..TBD
Mar. 20	Sun.	..End of Polar Bear Twilight Swim & Potluck	..4:00 pm
Mar. 21	Mon.	..Polar Bear Swim Ends	
Apr. 2	Sat.	..Pier 41	..9:00 am
Apr. 30	Sat.	..Pier 39	..8:30 am
May 15	Sun.	..Bay Bridge	..8:00 am
Jun. 1	Wed.	..100 – Mile Swim Starts	
Jun. 3	Sun.	..Crissy Field	..8:30 am
Jun. 25	Sat.	..Liam Hennesy's Crazy Cove	..9:00 am
Jul. 3	Sun.	..Yacht Harbor	..8:00 am
July 23	Sat.	..Tahoe Relay	..TBD
July 30	Sat.	..Santa Cruz One Mile	..TBD
Aug. 14	Sun.	..Alcatraz	..9:15 am
Aug. 28	Sun.	..Joe Bruno Golden Gate	..9:30 am
Sep. 9	Fri.	..Over 60 Twilight Cove & Potluck BBQ	..6:00 pm
Sep. 17	Sat.	..Fort Point	..8:00 am
Oct. 1	Sat.	..Over 45 Gas House Cove	..9:15 am
Oct. 16	Sun.	..Dolphin / South End Triathlon	..9:00 am
Oct. 22	Sat.	..Escape from Alcatraz Triathlon	..9:00 am
Oct. 31	Mon.	..100 – Mile Swim Ends	
Nov. 12	Sat.	..Pilot Appreciation Dinner	..6:00 pm
Nov. 24	Thur.	..Thanksgiving Day Cove	..9:00 am
Dec. 18	Sun.	..New Year's Qualifier	..10:00 am
Dec. 18	Sun.	..Christmas Party	..12:00 pm
Dec. 21	Wed.	..Polar Bear Swim Starts	

### ROWING TRAINING (ALL FALL ON SATURDAY)

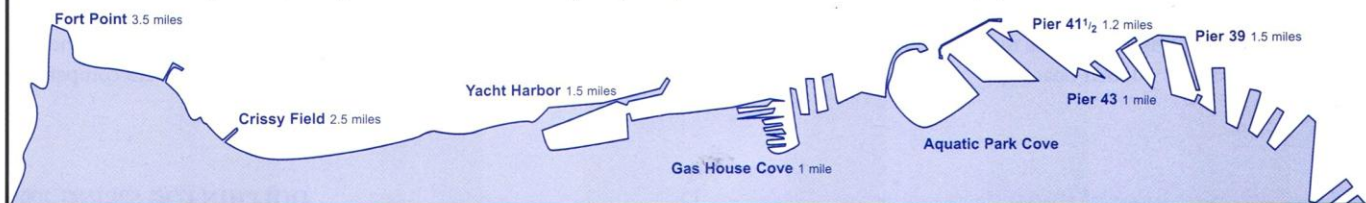
JAN.22	MARCH 19	MAY 21	JULY 23	SEPT. 24	NOV. 19
FEB.19	APRIL 23	JUNE 18	AUG. 20	OCT. 22	DEC. 17

### SWIM PROGRAM RULES

1. Scheduled swims are restricted to Club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled out-of-cove swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commissioner.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All Club boats are reserved for scheduled swims.

### Additional qualifications for Alcatraz and Golden Gate Swims

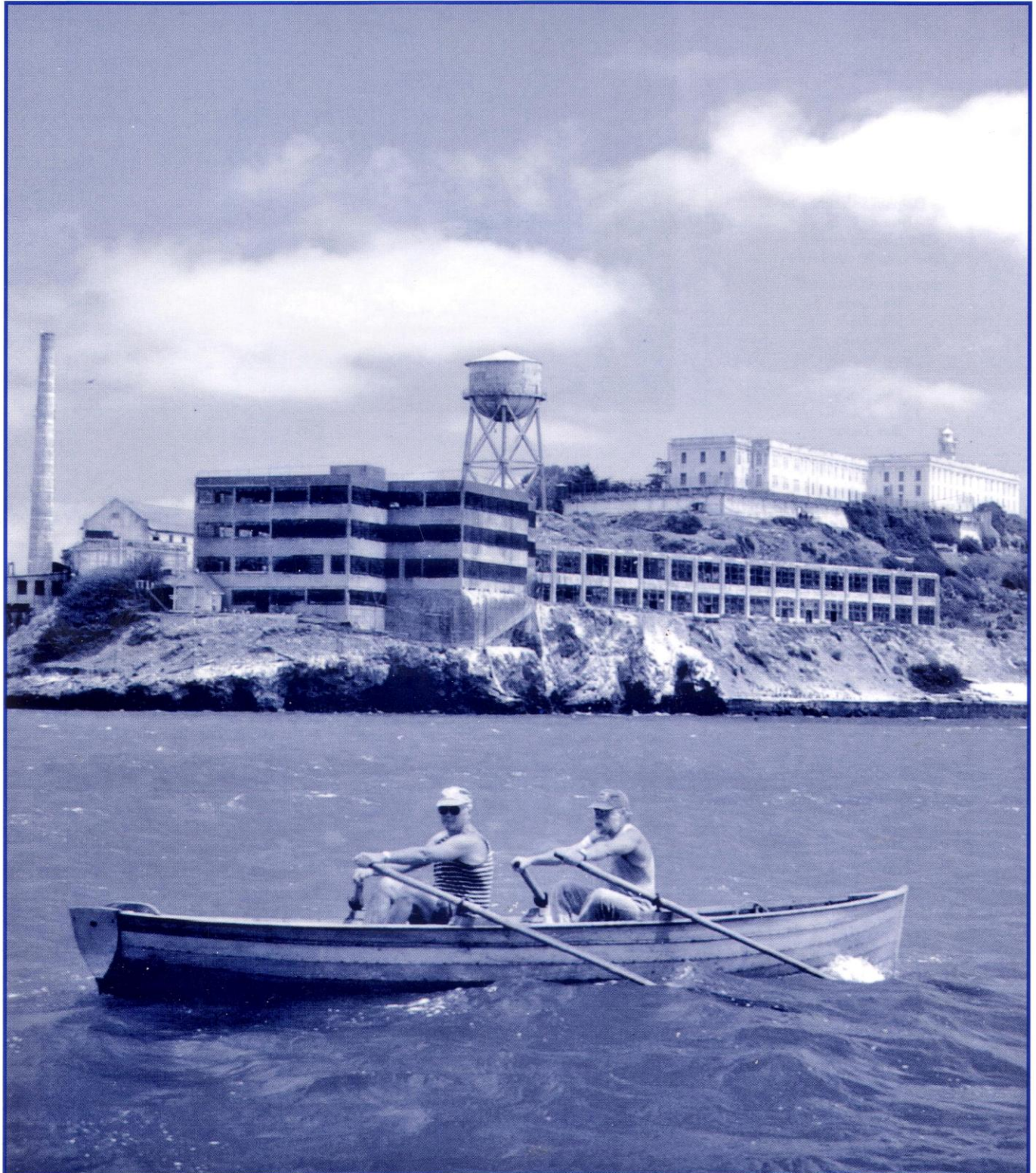
10. In-town members must successfully complete two "qualifying" swims and one other scheduled swim and pilot or help on at least 2 others. (See bulletin board for details and updates.)
11. Out-of-town members (those residing 100+ miles from the Club) must have successfully completed 2 of the last 3 Club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. In swims that are qualifiers, nonqualified members will be given priority over swimmers who have already qualified for the Alcatraz/Golden Gate.





# DOLPHIN LOG

FALL 2005





# Once Around the Cove...

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BOAT CAPTAIN  
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HOUSE CAPTAIN  
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Lou Marcelli

## COVER PHOTO

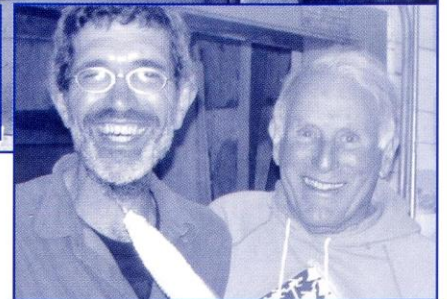
Ed DeCossio (L) and Phil Kohlenberg on form  
off Alcatraz. Photo: Paparazzi H<sub>2</sub>O Inc.

## EDITORIAL POLICY

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Above: Volunteers work together to insert ribs into the *Kapuna*. Right: Project leader Jon Bielinski and organizer Peter Butler.



## KUPUNA Nears Completion

**B**OAT NIGHT ON JUNE 7, 2005 was an extraordinary evening—for an event took place that has only occurred six times over the last 18 years. Boat-builder John Bielinski pulled together 25 volunteers to lead a fast moving and delicate process that lasted 2 hours, 48 minutes. That the whole process unrolled so smoothly was thanks to his teaching, management, and organizational skills. Not a discouraging word was ever said. Everyone happily pulled together under his direction. The Port Orford and Spanish cedar planks and the white oak keel were now ready for the placement of ribs—cut and milled from a black locust tree that grew on the banks of the Sacramento River. The six-foot long ribs, 3/8" thick x 5/8" wide, had been soaking in water for the past two weeks. The steamer was heated up to 220 degrees. *Now the ribs were ready for the exacting task of steam-bending.*

At 6 p.m. everyone was in place. Twenty minutes later, the first of 19 ribs

came out of the steamer. The team had 30 seconds to bend each rib into the hull for a perfect fit. What followed was the non-stop drilling, placing, cutting, pounding and hammering into place of over 300 rivets. Every volunteer was actively engaged in the process. The *KUPUNA* was now almost a complete "Whitehall," nearly ready to join the fleet.

The Commodore joined in the feverish activity and was heard to say, "Everything remains the same—25 Democrats working hard and one Republican sitting in a chair keeping score."

At one point, the cedar planks were bloodied as boat-builder John inadvertently sank his bare foot onto a very sharp rivet point—but the ribs kept coming and no one paused until the job was done nearly three hours later.

The entire production was videotaped, and a series of photographs will be put together for a slide show. Thereafter followed oysters, beer, and corn on the cob hosted by boat-builder par excellence,

Photos: Connie Wellen





Left to right: Maria Passanisi, Moon and Jerry Cullen.

Multitasker Italian pharmacist Alberto Cristini, who paints as he swims, is greeted by Robin Rome and Joe Illick on his return from Alcatraz.

Far from its rooftop nest, this western gull chick needed a helping hand and got a good one – John Bielinski's.

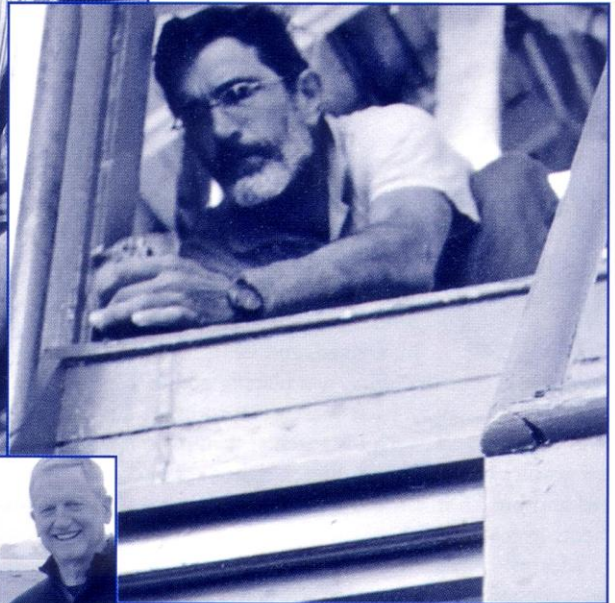


Photo: John Davis

John. The following volunteers were on hand to give graciously of their time:

John Bielinski, Peter Butler, Dean Butler, Katherine Butler, Peter Conidi, Joe Cowan, Jerry Cullen, Gary Ehram, Bob Frank, Susanne Friedrich, Ruben Hechanova, Mike Hickey, Ed Hosan, Brian Hughes, John Kortum, Mary Magoscy, Lou Marcelli, Dolores Meehan, Jesse Mitchell, Todd Oppenheimer, Rudy Salazar, Vladimir Sorenko, Bill Sorensen, Jean Sorensen, Nick, Strelchuk, Connie Wellen

— Peter R. Butler

## Oil on Troubled Water

**R**OBIN ROME CALLED excitedly on Tuesday, July 27, to alert me to an event allegedly taking place the next morning: an Italian swimmer and painter would leave Alcatraz at 8 a.m. and kick his way to Crissy Field on an ebb tide while painting a picture.

"I'll go over there with you," I chuckled, not at all sure what to expect. And so,

after a post-dawn dip in the cove, we drove over to Crissy and looked vainly for a swimmer. I was prepared to give the project up, but Robin whipped out her cell and dialed a number which had appeared with the story in the Bay Guardian. She reached the Institute of Italian Culture on Washington St, where she was given a second number that put her in touch with another Robin, this one aboard a tug we could see from shore. Less visible was the swimmer it was following.

At 9:50 a.m. Alberto Cristini, a pharmacist from Rovigo (just south of Venice) struggled ashore, pushing before him (as he had since his immersion at Alcatraz) a two-foot square wooden easel, held afloat by the noodles kids romp with in the surf but in this case secured to the underside of the easel. Mounted at 90 degrees to the easel was a large canvas and, beside it, a carrier for brushes.

On the canvas was an oil painting of the Bay with the Golden Gate Bridge in the background.

Alberto is a genial fellow who, despite almost two hours in the water, endured the inane questions and commentary of a TV reporter ("from brush stroke to breast stroke, folks, give him a big hand" — when, in fact, he had propelled himself largely with his legs). Noticing he was shivering, Robin and I went off the Warming Hut to get him a cup of tea, and he invited us to a show of his water colors that very evening at, yes, the Institute of Italian Culture. (We tried to lure him to the sauna at the Dolphin Club, labeling it "an Italian institution," but he was too rushed.)

That evening, without much urging, Alberto showed us video clips of some of his other swims, including one last year from Alcatraz to the Dolphin/South End beach with his hands and feet bound—a true dolphin. If all goes well, you'll be able to see him in action at the San Francisco Ocean Film Festival next January.

— Joe Illick



# ENGLAND TO FRANCE MISERY TO RAPTURE

by Brian Herrick

ON WEDNESDAY AFTERNOON, last August 11th, around four, my pilot, Neil Streeter, called to say that the weather looked good and if I was ready, he would take me early the next morning. I was ready. Sort of. Josh Birdsall, my coach and best friend, had not yet arrived, and Paul, my friend and the videographer for the swim, was playing golf in Birmingham over 150 miles away. I left messages for him on his cell phone, with his sister, and with his parents, then my parents and I hit the grocery store and had dinner. When we returned to the bed and breakfast, I heard my mom let out a squeal of excitement: Josh was there.

Meanwhile, unbeknownst to me, Paul's dad had managed to get a message to the the course where Paul was playing and the golf pro there buzzed around the course and tracked him down. By 9 p.m. Paul was on the road racing at top speed for Dover.

Meanwhile, Josh had a chance to wolf down some fish and chips while we chatted for a while about strategy. Then we laid down and tried to get some sleep. I stared at the ceiling for 3 hours unable to relax. Just as we were about to get up, a few minutes after midnight, Paul arrived. Ten minutes later and he would have missed us. We grabbed our supplies, met my parents and walked to the harbor.

My pilot, Neil, was there along with the official observer, Sara, and the co-pilot, Adrian, all smoking up a storm and trying to wake up. Just before we shoved off, Suzie Dods, a fellow Dolphin Club swimmer, and Allison Streeter, my pilot's sister, showed up. It was great to see Suzie's friendly face. She gave me a hug, told me to enjoy myself, and said that I would make it. It was also wonderful meeting Allison, who is called the "Queen of the Channel," having completed over 40 crossings.

We shoved off and headed for the beach that was my jumping off point. On the way, I put on my suit and goggles, popped in my earplugs, applied Bag Balm for chafing spots underneath my armpits, around my neck and on my inner thighs, and attached glow sticks to my goggles and around my wrists. (Remember, it was 2:30 in the morning and pitch black.)

After some hugs, I swam to the beach to the cheers of my crew. On shore, I raised my right hand and waited, my heart pounding, for the whistle to blow — the official start. It blew, I started my wristwatch, and rushed back into the water.

The first two hours were miserable. Absolutely miserable. I was having a hard time finding a consistent stroke and my mind

was racing, with negative thoughts constantly rising to the top. I just watched them go by and focused on each stroke.

With the sunrise I began to find new strength and settle into a rhythm. It was a beautiful morning, the sky streaked with different colored red and grey clouds. I was drinking Cytomax every half hour and eating Gu, an energy gel, every hour. At one point, I ate a banana and later on had a peanut butter ball. I watched as my crew, bundled up in warm clothes, chatted with each other. They were trying to get comfortable, too.

I found a nice pace and was able to keep focused on positive thoughts. This has been my training since I swam with my childhood coach, Steve Coniaris. He calls it positive self-talk: "Keep it going. Looking good. Hang in there. Clean strokes. Swim with dignity." Over and over again, I said them all, until I believed what I was saying.

At four hours, when I stopped to feed, Sara, the observer, popped her head over the side and said: "Brian? You're swimming REALLY well!" This was a huge boost. She knew what she was talking about.

I began to bring to mind the faces of friends and coaches past, which helped to keep me moving. My amazing boat crew helped, too. Sitting on the bow, Paul would spend fifteen minutes carefully writing a message on the white board. It might be something Neil wanted me to know about how to pace myself or it might be a few kind or funny words. Paul also sat on the bow for long stretches of time just holding eye contact with me. With each stroke, we would lock eyes and I would get a boost of energy. Amazing.

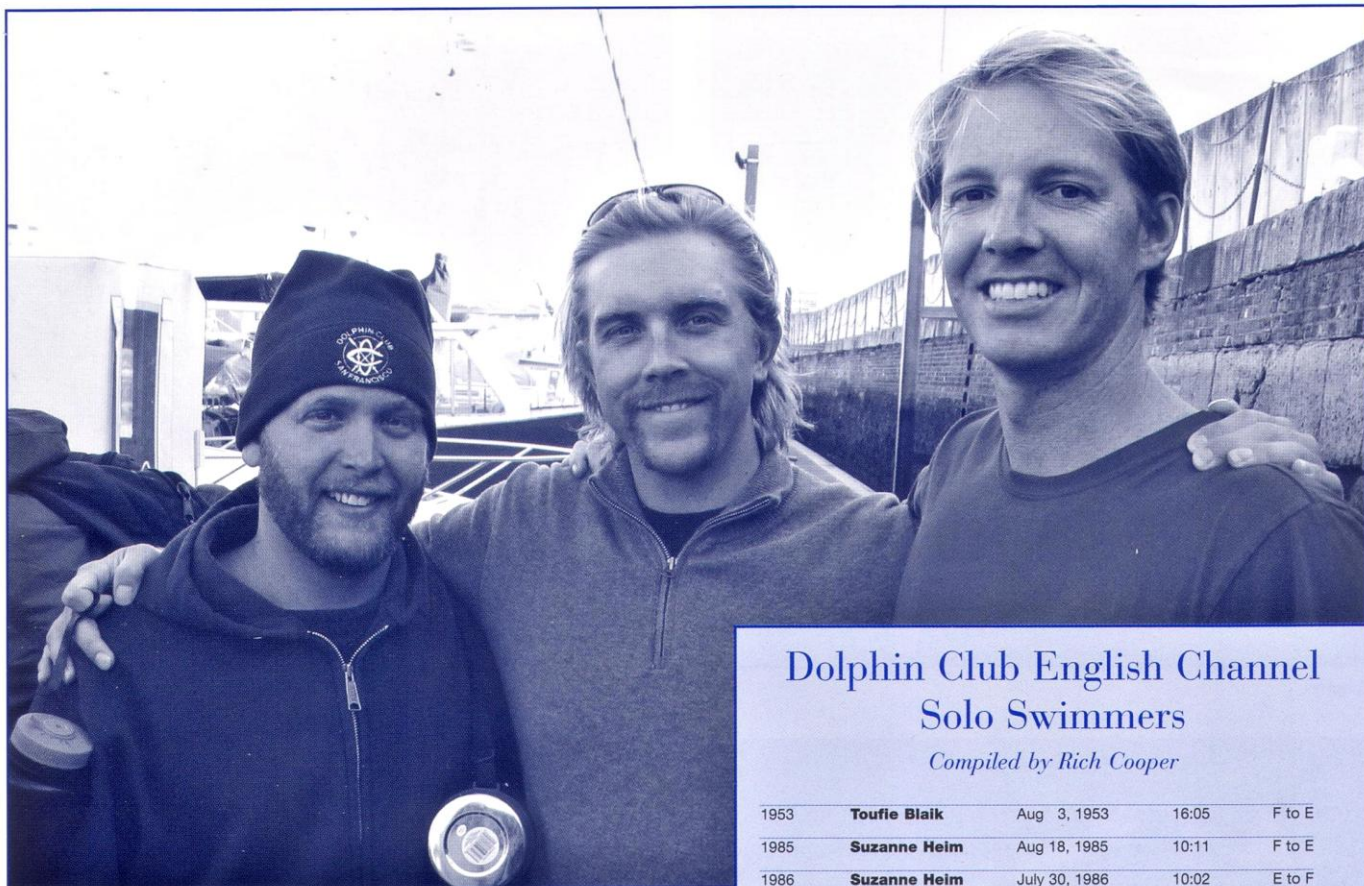
Josh would move around the boat getting food together and untangling the ropes attached to the feeding bottles, which would inevitably get snarled up whenever I ate. At each feeding time, he would clap to give me a heads up, and tell me how my stroke was looking.

My mom cheered the ENTIRE time. Not an exaggeration. My dad watched me constantly and was right there next to me at each feeding, telling me how good I looked. How lucky I am to have parents willing to take on such a grueling ride and give so much love and compassion.

At six and a half hours, during my feeding, Neil leaned out of the cabin and said "Brian? I need you to use some of your partial reserves for about an hour. Can you do this?"

"Yes, you got it," I said, put my head down, and picked up the speed. The tide was changing for the first time and I knew we needed to take advantage of it. Every bit of headway we could make here would be that much of an advantage at the end of the





Brian, Tom, and Neal.

swim when the currents become really hairy. That hour was amazing. I was cooking. My crew was shouting and clapping. It felt wonderful to really turn it on, yet I had to be careful and find just the right speed because I needed to leave a lot for later on.

After eight or nine hours we could see the coast of France. That was hard, because even though it appeared to be right there, I knew it was still far away and that before I got there I'd have to fight through a monster current.

Suddenly Neil leaned out of the cabin with a wild look in his eyes. "Sprint!, Sprint!" he shouted. This made no sense to me. We weren't close enough to sprint, but I gave it everything I had. Two minutes later he leaned out and told me to settle back into pace. Although I didn't know it at the time, the raging tide was dragging us toward huge lobster-pot buoys. Running afoul of them could mean getting caught up in the pot lines or slammed hard against a buoy. I missed them by about five feet.

I kept pushing and pushing. Jellyfish drifted below me. I kicked one accidentally with my heel, but luckily I only hit the top, not the tentacles. Apparently I just missed a huge one near the end of my swim.

And then it all seemed to go horribly wrong. The idea had been this: hammer southeast of Cap Gris Nez as hard as we could, then catch the tide, which would carry us northwest to the cape. The tide was so strong, however, that I couldn't seem to break through, even though the crew had me sprinting. I was using it

## Dolphin Club English Channel Solo Swimmers

*Compiled by Rich Cooper*

1953	<b>Toufie Blaik</b>	Aug 3, 1953	16:05	F to E
1985	<b>Suzanne Helm</b>	Aug 18, 1985	10:11	F to E
1986	<b>Suzanne Helm</b>	July 30, 1986	10:02	E to F
1986	<b>Suzanne Helm</b>	Aug 10, 1986	10:24	E to F
1988	<b>Diana Abele</b>	Aug 5, 1988	11:20	E to F
1990	<b>John Davies</b>	July 31, 1990	10:01	E to F
1994	<b>Laura Burtch</b>	July 30, 1994	11:45	E to F
1995	<b>John Selmer</b>	Aug 10, 1995	10:58	E to F
1996	<b>Becky Fenson</b>	July 19, 1996	10:12	E to F
1996	<b>Steve Walker</b>	July 19, 1996	13:31	E to F
1996	<b>Peter Urrea</b>	Aug 8, 1996	14:38	E to F
1999	<b>Heather Royer</b>	Aug 6, 1999	10:43	E to F
2000	<b>Suzie Dods</b>	Aug 7, 2000	12:37	E to F
2003	<b>Philip Scarborough</b>	Aug 7, 2003	12:08	E to F
2003	<b>Duke Dahlin</b>	Aug 8, 2003	14:37	E to F
2004	<b>John Ottersberg</b>	Aug 14, 2004	14:36	E to F
2004	<b>Si Bunting</b>	Aug 25, 2004	9:44	E to F
2005	<b>Neal Rayner</b>	Aug 10, 2005	13:50	E to F
2005	<b>Brian Herrick</b>	Aug 11, 2005	12:58	E to F
2005	<b>Tom Keller</b>	Aug 16, 2005	11:22	E to F

all now, but I was slowly being pushed west, the cape slipping off to my right. I had missed it. My heart sank. The dream seemed to slip away.

My crew, though, was shouting as if they had just won the lottery. Paul was giving me the thumbs up. With both thumbs! My mom and dad were pointing in the direction of the bow of the boat, and Josh. Josh was wearing his cap and swim suit, and lean-





Photo: Al McHugh

Lunch?

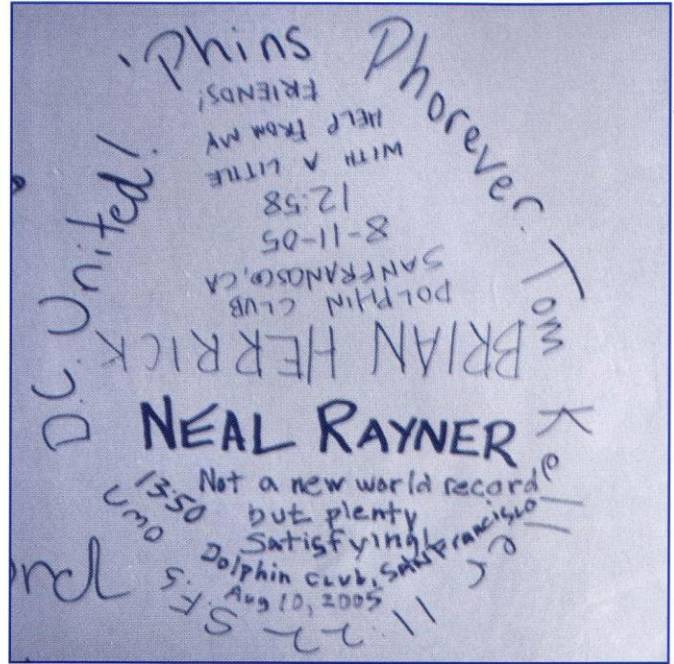


Photo: Al McHugh

The ceiling of the Whitehorse in Dover.



Channel swimmers in training. From left: Neal Rayner, Joe Wolf (Colorado), Tom Keller, Nigel Killen, J.P. (South End).

ing casually on the railing with a smile on his face. He was getting ready to get in with me. This made no sense to me at the time, but it had to mean that there was still a chance. So again I poured it on, though I had little energy left. What I didn't know was that Neil had discovered early on that I couldn't make the cape. He knew that the cove was shallow, and drew water into it. Now it was drawing me into it, too. I kept pushing and pushing and heard a voice behind me. "Head for the ramp!" yelled Josh, who was now trailing me in the water. I looked up and saw a hotel and a concrete boat ramp that ran into the water. There was a crowd of about 50 people and a French film crew waiting. I neared the ramp and heard Josh shouting something in French. Although I didn't know it at the time, he was telling people not to touch me. If anyone so much as laid a finger on me before I got above the water line I would be disqualified. The wave

dumped me onto the ramp, where I crawled along on my hands and knees before I could get to my feet. Tears started to fill my goggles. I turned and raised my right arm and the boat blew the whistle. I had done it. I turned to the camera, which was one inch from my face, and said "Bonjour!"

I hugged Josh. Then the reporter asked me a few questions in English and I answered them, talking for a minute or two before I became light headed and tunnel vision set in. The film crew wanted me to stay, but I was afraid if I didn't go I wouldn't be able to make it back. Josh and I swam slowly to the boat where my parents and Paul gave me hugs. Not very many dry eyes. After devouring a chocolate bar, I fell asleep with a smile on my face.

I know now that what I did, I did because of the support and encouragement of all of you. It's called a solo crossing, but I know that's not true. Thank you all. 🐬



# US AND THEM IN TAMPA BAY

by Suzie Dods

**I**T'S 5 AM AND I AM HEARING A MAN'S VOICE saying my name. What is going on? Where am I? *Who* is that? Ah yes... I am in Tampa the morning of April 16, the day of the 24-mile swim. I have overslept and my crew and roommate (Jonathan Paul—JP—a South Ender no less) is trying to wake me up. Next door, Darcy Wettersten, a fellow Dolphin, is waking up and readying for her day as support crew for our mutual friend Leslie Thomas (another South Ender) What is going on here?

It all started... I don't know when, but both Leslie and I had been training since January for this marathon swim in Tampa Bay. About a month before the swim we realized neither of us had a "crew," someone to look after us and feed us on the swim and generally be our slave for the day.

We'll just wing it, we decided. Then I ran into Darcy in the locker room and she verily jumped at the chance. (Ask her now and I bet she would think twice!) Leslie and I had been swimming with JP, an English Channel aspirant, training weekends at Walnut Creek. Why not ask him to be crew? So, under the guise of "It will be a good experience for you" we suckered him in.

Darcy thought it would be a good idea to meet before the swim to go over a few things. Not a bad idea, since she would be picking JP up at the airport in Tampa and didn't know what he looked like. Plus, she and Leslie had only met once and needed to chat about goals. Philip Scarborough had given Darcy a list of questions for crew members and swimmers to discuss; it was a treasure trove of information. Anyone planning a long swim should talk to Philip, Darcy or me for this information. Or go next door and ask Leslie or JP.

All four of us met at the Club for an evening and traced out the course on a map Darcy had laminated. Looking around the table, I realized that the four of us, from two different clubs, had a lot more in common than we had differences.

Despite all the rivalry of the annual triathlon and in other areas, the clubs share a rich history of open water swimming, rowing and handball. And we all love the Bay and the freedom and beauty it gives us. We bring different attitudes but both clubs have excellent records of English Channel and open water swimming. And we both added more successes this year.

So, for the Tampa Bay venture, we had a DC swimmer with an SERC crew and a SERC swimmer with a DC crew.

Darcy brought her great skills as an organizer and her zest for adventure to the table. Leslie and I brought our desire to do a long swim. And JP brought a willingness to do whatever needed to be done, as well as a great vocabulary and a good cook book.

The swim turned into a great adventure. There were winds of 20 to 30 knots, three- to four-foot swells, and sometimes unexpectedly shallow water. Boats were flipping and one panicked rower actually abandoned its swimmer. At one point Leslie had to help pull her boat off a sand bar. A new kind of biathlon I guess. At times, I found myself standing in about two feet of water. On one hand, it felt like a disaster; on the other, it was fun—in a weird sort of way. Darcy, while keeping an eye on Leslie, spent a lot of time bailing out Leslie's pilot boat as the pilot tried to keep on course. JP spent a lot of time trying to hang on to the boat's suncover in the swells and wind and showed a deft hand at improvisation. I had brought the wrong kind of pen for our communication board,

so to let me know about feeding and hydration times, stroke rate, distance, and other bits of information, JP used the back of Leslie's laminated course map and a felt pen he just happened to bring along.

What did we learn? The short version is that the four of us learned that Dolphins and South Enders can work together toward a common goal. Each can give many things of value to another person and can help others attain their goals, no matter which club the people call home. I also learned that rough water *can* be fun — if you have the right crew!

On a final note, I met several people in Tampa whom I had been in touch with only by email. One, Joe Wolf, lives in Colorado, where there obviously isn't a lot of salt water. He was one of six people to actually finish the entire 24 miles in the time allowed. He had attempted an English Channel crossing in 2004 but was thwarted. I invited him out to San Francisco to enjoy our fabulous training facilities and he took me up on it. In yet another example of collaboration and cooperation Joe swam with Tom Keller, Nigel Killeen, Neal Rayner, Candace Kelly, and JP on May 21st to complete his six-hour qualifying swim (see photo page 6). This could become a habit. 🐬



The Tampa Bay Four, left to right — J.P. (South End), Suzie Dods, Leslie Thomas (South End), and Darcy Wettersten



# GLOSSARY OF ROWING TERMS FOR STATUS ENHANCEMENT

by Brian Gilbert

**I**F YOU CAN TALK THE TALK, YOU MAY FIND it entirely unnecessary to *walk* the talk. Herewith is a compendium of rowing terms to enable the novice to sound like an Olympic veteran, or at least one of the real *cognoscenti*. If you become adept and fully conversant in the use of the following lexicon, there is no guarantee that you will be mistaken for the second coming of Jason and his Argonauts; but you may at least be mistaken for Gary Ehrsam or Diane Schatz.

## RATING, COXING, AND CADENCE

First up is the *rating*. This is simply the number of rowing strokes per minute. As with any engine, if the displacement and stroke (length) remain constant, the only way to extract more power is to increase the cycling frequency. Physicists call this the impulse moment, and that's enough of that. In theory, if you increase the number of strokes from, say, 20 to 40 per minute, you double the power output *if everything else remains the same*. It seldom does, but that's OK. In an eight-man shell, the rating is determined by the stroke oar or the coxswain. (or *cox*). The stroke oar (or *stroke*) is the oarsman nearest the stern, always the strongest rower in the boat. The *cox* is the guy who steers the boat. Sometimes he calls the cadence; other times, he just steers and keeps his mouth shut. Single and double boats are marginalized by having to determine their own cadence. There is also a coxless four referred to as a "straight four."

## GEARING, LOOM, AND SWEEP

Next we consider the *gearing*. This denotes the ratio of the oar length inside the boat to the length outside; in nautical phraseology, the length *inboard* to the length *outboard*. The inboard part of the oar (including the grip) is known as the *loom* of the oar. Since an oar is generally considered a second category lever\*, the ratio of the loom to the outboard is exactly equal to the mechanical advantage. But the length of the loom is usually less than the outboard, so it is in fact a mechanical *disadvantage*. Of course, the length of travel of the oarblade will be greater than the distance traveled by the grip, so you will gain as much in the distance traveled by the oarblade as you lose in mechanical disadvantage. The arc through which the oargrip travels is known as the *sweep* of the loom. As an example, consider an oar 4 meters long with a gearing of 1:3, about the maximum in common use. If the sweep of the loom is one meter, the tip of the oarblade travels through a distance of 3 meters. As a corollary, exerting 90 pounds of force by pulling on the grip will result in a force of 30 pounds on the oarblade.

*\*The ancients considered the oar to be a first class lever, with the oarlock as the fulcrum and the water as the load. Moderns consider it a second category lever, with the oarlock as the load and the water as the fulcrum. It's a free country - decide for yourself.*

## BEARING AND MASS

Last of the hardcore technical terms is the *bearing*. This is an old-fashioned term to denote the unsupported weight, or burden, of the oar. More simply, it is the amount of force the rower has to exert just to lift the oarblade clear of the water. For example, suppose you have an oarblade 4 meters long with a uniform weight distribution, and a gearing of 1:3. Then the first meter outboard of the oarlock will just balance the loom. After that, you have 2 meters further outboard. The center of mass of this further part will be 2 meters from the oarlock. If the oar weighs 10 pounds, your bearing will be 5(lbs) x (2) meters, or about 30 pounds (??). With the modern innovation of hollow oars made of epoxy/graphite fiber composites, the bearing is much diminished in importance. In fact, you could fill the loom with some extremely dense material such as tungsten or depleted uranium to eliminate the bearing entirely. But this would result in a large increase in the *mass* of the oar, so you would have a larger amount of inertia to overcome when changing direction, in going back and forth.

## SCULLING, ROWING, SWEEPING, PAIRING, AND CRULLING

Now we add a few terms for softcore *cognoscenti*. The term *sculling* evolved with the English language to mean an oar *à*-deployed from the stern of a boat and worked back and forth, like a fish waving its tail. This is a good *ad hoc* way to move a boat when oars out the side are inconvenient. In the modern parlance of competitive rowing, however, it now denotes the operation of a pair of oars by one rower. The Olympic categories are Single, Double, and Coxless Quadruple Sculls, meaning one, two, or four rowers, with each rower operating a pair of oars.

In contrast, *Sweeps* denote the operation of an oarsman with a single oar. Since a single oarsman with one big oar would be both lonely and unbalanced (in more ways than one), these are always operated in pairs, and referred to in the plural. The official Olympic title is *Pairs*, as Coxless and Coxed Pairs, Coxless and Coxed Fours, and simply *Eights*, where the coxed part is understood. The In Crowd refers to the *Pairs* events as the *Sweeps*, so keep that in mind. The oarsman directly in front of the cox is called the stroke oar, or simply the *stroke*. The oarsman nearest the front of the boat is called the bow oar, or simply the *bow*. These designations apply whether it is a one-, two-, or four pair boat (there are no three-pair boats). Here comes the hard part: The oarsmen doing the sculling are known as Scullers, but the people doing the sweeps are not called Sweepers; they are called Oarsmen or Rowers. And the crew of a sculled boat should be called *Crullers*. But they aren't. I just always wanted to say that.

I hope this has made it clear to the reader, because it certainly puzzles me. Since most recreational rowing consists of a single





oarsman with a pair of oars, it seems that it would have been wiser to choose another, less ambiguous term than sculling. The origin of this curiously anomalous terminology is probably British, a people notorious for their persistently pernicious proclivity for promulgating puzzling persiflage. Try to understand the rules of cricket.

### ADDENDUM I

*The following observations were contributed by Dr Jim Storm, a Life Member since 1977 and Boathouse Captain at Lake Merced for most of the last 35 years. Dr Storm practices Psychiatry, a useful skill for dealing with both scullers and crullers. Dr Storm is the most successful and lauded national and international competitor of the DSBC, his sport being double sculls. He took a second-place (Silver) medal at the 1964 Tokyo Olympic Games; a Gold Medal at the Nationals in 1966; a Gold Medal at the Pan American Games in 1967; and a Silver in the 1966 World Championships in Yugoslavia.*

The oars today are several generations removed from those used when I first started rowing. The first generation came along about 1975; these were the first epoxy (plastic) oars, using carbon fiber embedded for strength, and were hollow for lightness. The second generation came along about 1985; the basic design was the same, but they were significantly lighter. Recently, oars of adjustable length and new blade design have appeared. The strength has also been increased so that the oars are lighter still. All these oars are cheaper than wooden ones, and require far less maintenance. These oars are also easier to row, and the grip is easier on the hands. In racing the 2x, we got special oars a couple of inches longer overall and kept the inboard the same. This was because the boat went so fast with the regular oars that our ratings climbed to an exhausting and inefficient level. The newer rubber handles from Concept II are also far easier on the hands than anything I ever used before. Concept II is the company that invented, or at least popularized, the plastic oars and the hatchet blades.





The scull geometry is more efficient than the sweep. We were consistently faster than swept boats when we rowed against them, at all levels of ability. It was always an informal competition, but the result was always the same. A double will always beat any pair. (*Surely because a double is 4 oars in the water, while a pair is only 2?*) In practice sprints with the Stanford/Lake Washington straight 4, we would usually pull ahead by a boat length over 500 meters, although they were faster than us over the 2,000 meters race course."

## ADDENDUM II

*The following remarks were contributed by Dr Neal Snyderman, a Club member who is a Physicist with a peripatetic rowing history. He began rowing with the Vespers Boat Club in Philadelphia (PA), where he rowed "everything available." He then rowed eights at Penn, doubles at Brown, singles and doubles at Princeton, and eights again at Imperial College in London. Now he rows at the DSBC on weekends.*

Rating was referred to as simply *the stroke*, as in *the stroke was 36*, meaning 36 strokes per minute. (*Cadence* was used by Harvard.) But *stroke* was also used to describe the mechanics of the oar motion, as in a *long stroke*, *short stroke*, *hard catch* (stroke)

– describing the initial leg drive after planting the oars in the water – and *layback* (stroke) – describing leaning back at the end of the stroke to make it longer. The use of the phrase *impulse moment* does describe the power of the stroke. But the same impulse moment could be obtained with either a short stroke with a hard catch, or a long stroke with layback. Of course, if you spend more time with your oars in the water you have less time for the *recovery* (the time spent coming back up the *slide* toward the catch), if you are to maintain the same cadence, that is.

Rather than *loom* we used *inboard* (ratio implied) determined by setting the *button* (the flange on the oar that goes into the oarlock) to set the ratio.

Other expressions often used were *set up the boat*, referring to the balance – remember that these shells are very narrow. Others include *slide control* and *checking the boat*, which refers to coming up the tracks too fast and having to decelerate before the catch, which results in transferring momentum in the wrong direction.

I would guess that most competitive rowing is in crews, rather than single scullers. I remember the Eights Head in London (referring to the head of the River Thames from Chiswick to Putney) had 500 entries while the Singles Head had only a few hundred. 🐬



# DOLPHIN LOG SWIM STATISTICS

## Swim Commissioners' Report

**A**S WE ALL KNOW, SO MANY OF OUR SWIMS depends upon Mother Nature. Afternoon summer winds, morning stillness, those cold spots we struggle to escape with painful perseverance can all be traced back to her constancy and her woolly whims. However, we have come to realize through the unique viewpoint of the swim commission that, in the spirit of William Carlos Williams, so much more depends upon the red wheel barrow of our Club; that's right, the pilots.

If James Carville remarked on our swim program after a careful analysis, he'd no doubt echo those four words that got the Democrats back in the White House (circa '92): "It's the pilots, stupid!"

And so, at this year's dinner in November, we emphasized their contributions and pumped up the life-blood of our swim program with pilot appreciations galore ["It's the Pilot Appreciation dinner, stupid!"]. So, thanks for sending us your comments, encomiums and stories about any and all pilots whom you've noticed embodying what sustains and buoys up our Club—spirit, sacrifice, and nautical know-how. Approbations and bloopers, and perhaps even a well-toned criticism were all in evidence.

On a personal note, for the water and land coaching and piloting of this year's English Channel teams I would like to thank Rick Avery, John Ottersberg, Candace Kelly, Si Bunting, Phil Scarborough, Suzie Dods, Duke Dahlin, et al. They provided this year's suckers with a wealth of dares, materials and support for which we are eternally grateful, further confirming that we swim in the wake of Dolphins before us.

— Tom Keller with Rick Avery and Ted Tilles

## Pier 41 April 2, 2005

**PILOTS:** Susan Allen, Judy Apfel, Marcus Auerbuch, Paul Brady, Ken Coren, Barry Christian, Rich Cooper, Ed DeCossio, Peter Darlington, Pam Derks, Nick DeMay, Gregor Ehrlich, Jim Fagan, Don Harrison, Brian Herrick, Phil Kohlenberg, David McGrane

**HELPERS:** Jim Barron, Tom Bishop, Jan Carter, Sue Garfield, Bill Hadley, Tom Keller, Liz Klein, Joe Mannion, Pat McGarvey, Mike Mitchell, Phil Rollins, Carol Watson, David Zovickian, Pam Derks

1. Suzanne Heim	15.53
2. Laura Burtch	19.10
3. Nigel Kileen	18.42
4. David Rich	18.55
5. John Ennis	20.05
6. Sean McFadden	20.36
7. Ted Tilles	22.02
8. Pat McGarvey	22.04
9. Peter Kruit	22.21
10. Joe Ferraro	22.38
11. Joe Illick	22.41
12. Joe Omran	22.54

13. Mary Alex	22.56
14. Jim Barron	23.00
15. Kate Coleman	23.17
16. Krist Jake	23.29
17. Mark Mullen	23.38
18. Ian MacLean	23.39
19. Gina Rus	23.57
20. Dan Osborne	23.59
21. Margaret Keenan	24.39
22. Bill Haley	24.40
23. Mike Mitchell	24.59
24. Pete Neubauer	25.01
25. Fred Johnson	25.12
26. Laura Atkins	25.35
27. Jackie Merovich	25.42
28. Dean Badessa	26.02
29. Scott Cox	26.17
30. Carol Watson	26.27
31. Naphtali Offen	26.32
32. Tom Bishop	26.56
33. Darcy Wettersten	27.12
34. Piper Murakami	27.15
35. Sue Garfield	27.30
36. Vic Pizarro	28.05
37. Joe Mannion	29.20
38. Karen Jenkins	29.29
39. Will Powning	30.42

40. Debbie Rose	31.19
41. Susan Lauritzen	32.58
42. David Haskell	33.21
43. Stu Etzler	42.19

## Pier 39 April 30, 2005

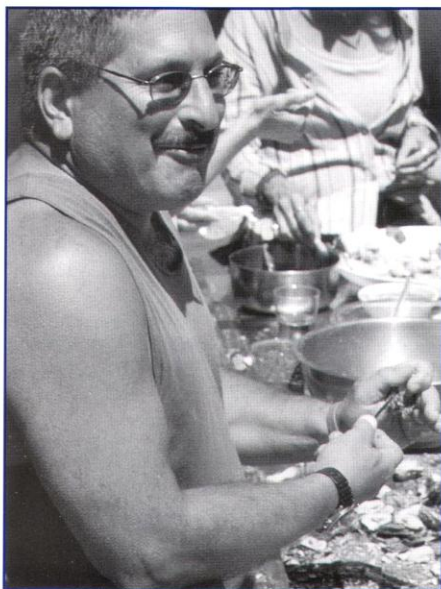
**PILOTS:** Ray Artigues, Marcus Auerbuch, Tom Bishop, Ken Blaschke, Barry Christian, Rich Cooper, Ed DeCossio, Peter Darlington, Nick DeMay, Stu Etzler, Jim Fagan, Jim Frew, Don Harrison, Tom Keller, Candace Kelly, Sean McFadden, Jon Meyer (SERC), Will Powning, Emily Roth, Bob Weil

**HELPERS:** Elizabeth Bartron, Barry Christian, Kate Coleman, Katie Cronin, Rudy DeMay, Pam Derks, Anthony DuComb, Jon Ennis, Sue Garfield, Bill Hadley, Rey Hassan, Greg Hicks, Margaret Keenan, Tom Keller, Nigel Kileen, Ian McLean, Pat McGarvey, Jon Nalagang, Keith Nelson, John Pelka, Neal Powers, Phil Rollins, Debbie Rose, Gina Rus, Conrad vonBlankenberg, Ben/Noah/David Zovickian

1. Nigel Kileen	22.14
2. Laura Burtch	22.51
3. Adam Engelskirchen	23.33
4. Jon Ennis	25.23
5. John Pelka	25.46
6. Phil Rollins	26.16
7. Eric Burke	26.36
8. Pat McGarvey	26.44
9. Ian MacLean	26.51
10. Joe Omran	27.00
11. Kate Coleman	27.06
12. Joe Illick	27.17
13. Michael McGaughy	27.21
14. Conrad vonBlankenberg	27.26
15. Krist Jake	27.31
16. Margaret Keenan	28.03
17. Neal Powers	28.36
18. Andreas Kohler	28.49
19. Bill Hadley	28.55
20. Mark Mullin	29.57
21. Jamie Robinson	30.56
22. Naphtali Offen	31.00
23. Keith Howell	31.06
24. Greg Hicks	31.07
25. Vic Pizarro	31.14
26. Jackie Merovich	31.21
27. Carol Murphy	31.44
28. Ken Coren	31.51
29. Steve Lathram	31.54
30. Piper Muracami	31.59



# DOLPHIN LOG SWIM STATISTICS



Phil Sancimino was master of the oysters at the Channel swimmers/ Save the Bay fundraiser.

31. Sue Garfield	32.37
32. Mark Lubiszewski	33.06
33. Carol Watson	34.55
34. Susan Lauritzen	35.13
35. Debbie Rose	35.30
36. Steven Stout	35.55
37. Rey Hassan	37.25
38. Martin Zeleznick	43.43
39. Phil Kohlenberg	46.21

## Bay Bridge May 15, 2005

**PILOTS:** Judy Apfel, Ray Artigues, Marcus Auerbuch, Pete Bianucci, Carol Block, Jerry Block, Barbara Byrnes, Bob Danielson, Peter Darlington, Ed DeCossio, Anthony DuComb, Gary Ehrsam, Becky Fenson, Barbara Kavanaugh, Tom Keller, Susan Lauritzen, Dan McGill, Sunny McKee, Mark McKee, Jackie Merovich, Dan Osborne, Emily Roth, Lorinda Snyderman, Stephen Stent, Chuck Vogt, Bob Weil

**HELPERS:** Suzanne Heim, Bowen, Kate Coleman, Suzie Dods, Jon Ennis, Susan Geraghty, Greg Hicks, Sid Hollister, Nigel Killeen, Roger Kleid, Steve Latham, Pat McGarvey, Piper Muracami, Mimi Osborne, Dan Osborne, John Pelka, Jamie Robinson, Robin Rome, Phil Rollins, Gina Rus, Susan Sward, Conrad vonBlankenberg

1. Suzanne Heim	38.19	3. John Ottersberg	51.32
2. John Ottersberg	41.30	4. Neil Rayner	51.54
3. Adam Engelkirchen	44.19	5. Nigel Killeen	53.55
4. Nigel Killeen	44.30	6. Laura Burtch	53.56
5. Candace Kelly	44.30	7. Candace Kelly	54.45
6. Neal Rayner	45.13	8. Adam Engleskirchen	55.32
7. David Rich	45.54	9. Pam Derks	57.01
8. Jon Ennis	46.07	10. Jon Ennis	58.45
9. Pam Derks	46.09	11. Suzie Dods	1.00.13
10. Suzie Dods	47.43	12. Andras Kohler	1.00.32
11. Margaret Keenan	48.32	13. Sean McFadden	1.01.06
12. Ian MacLean	49.14	14. Alan Budenz	1.01.08
13. Sean McFadden	49.24	15. Rebecca Tilley	1.03.14
14. Rebecca Tilley,	50.10	16. John Pelka	1.03.24
15. Gina Rus	50.16	17. Pat McGarvey	1.03.53
16. Conrad vonBlankenberg	50.16	18. Joe Ferraro	1.07.52
17. Andreas Kohler	50.17	19. Mike McGaugh	1.08.00
18. Phil Rollins	50.27	20. Ted Tilles	1.08.09
19. John Pelka	50.59	21. Joe Omran	1.08.10
20. Pat McGarvey	51.28	22. Todd Oppenheimer	1.09.07
21. Neal Powers	52.46	23. Peter Molnar	1.10.16
22. Bill Hadley	54.22	24. Bill Hadley	1.10.39
23. Joe Illick	54.47	25. Mike Mitchell	1.11.17
24. Kate Coleman	54.56	26. Susan Cobb	1.12.38
25. Greg Hicks	57.07	27. Bob Blum	1.12.53
26. Jamie Robinson	57.46	28. Andy Stone	1.13.50
27. Vic Pizarro	57.53	29. Greg Hicks	1.14.09
28. Susan Cobb	58.40	30. Peter Neubauer	1.14.17
29. Mary Cantini-Norkin	66.48	31. Bingo McKenzie	1.14.25
30. Naphtali Offen	69.48	32. Robin Rome	1.15.40
31. Carol Murphy	73.22	33. Vic Pizarro	1.16.04
32. Phil Kohlenberg	80.55	34. Dean Badessa	1.16.56
		35. Jamie Robinson	1.17.57
		36. Naphtali Offen	1.20.55
		37. Rey Hassan	1.22.08
		38. Joe Mannion	1.26.08
		39. Mary Cantini	1.27.18
		40. Will Powning	1.27.22

## Crissy Field June 5, 2005

**PILOTS:** Judy Apfel, Susan Allen, Ray Artigues, Marcus Auerbuch, Eduardo Barranco, Jon Bielinski, Ken Blaschke, Carol Block, Jerry Block, Rich Cooper, Barry Christian, Ken Coren, Peter Darlington, Elizabeth Dennehy, Ed deCossio, Gary Ersham, Jim Fagan, Keith Fox, Colin Gift, Don Harrison, Susan Lauritzen, Mary Magocsy, Dan McGill, Sunny McKee, Jim Moore, Bob McKenzie, Bob Weil, Dave Zovickian

**HELPERS:** Laura Atkins, Dean Bedessa, Elizabeth Bartron, Karen Boyer, Suzie Dods, Jon Ennis, Sue Garfield, Rey Hassan, Suzanne Heim, Karen Jenkins, Tom Keller, Joe Mannion, Pat McGarvey, Bingo McKenzie, Mike Mitchell, Mark Mullen, Jamie Robinson, Phil Rollins, Andy Stone, Rebecca Tilley, Carol Watson.

1. Suzanne Heim	47.12
2. Neala Kendall	51.06

Almost made it and a long time in the water:  
Steve Strout  
Phil Kohlenberg

## Dick Beeler Crazy Cove June 25, 2005

**PILOTS:** Susan Allen, Ray Artigues, Neal Hartnett, Bob McKenzie, Monica Towers

**HELPERS:** Rick Avery, Bob Blum, Paul Brady, Ken Coren, Adam Engelskirchen, Margaret Keenan, Tom Keller, Pat McGarvey, Tom Keller, Mike McGaughy, Al McHugh, Laura Merkl, Mimi and Dan Osborne, Fitz and Vic Pizarro, Phil Rollins, Bob Weil



# DOLPHIN LOG SWIM STATISTICS

## Long Course, 1.5 miles

1. John Ottersberg	29.41
2. Adam Eingelskirchen	32.00
3. Neal Rayner	32.30
4. Jon Ennis	34.31
5. Sean McFadden	35.36
6. Phil Rollins	36.53
7. Rebecca Tilley	37.15
8. Michael McGaughy	39.13
9. Krist Jake	41.23
10. Elizabeth Bartron	42.31
11. Bingo McKenzie	42.51
12. Rick Avery	43.35
13. Mary Alex	43.51
14. Bob Blum	44.19
15. Joe Illick	46.43
16. Susan Cobb	46.44
17. Robin Rome	47.59
18. Vic Pizarro	48.16
19. Martin Zeleznick	65.00
20. Will Powning	65.04

## Short Course, 1 mile

1. Dan Osborne	27.23
2. Laura Atkins	28.28
3. Tracy Corban	29.18
4. Jackie Merovich	31.00
5. Mark Mullen	36.59
6. Mark Lubiszewski	37.20
7. Lorna Newlin	37.38

## Yacht Harbor

July 3, 2005

**Helpers:** Ray Artigues, Dean Badessa, Karen Feglin, Rey Hassan, Suzanne Heim, Ian MacLean, Joe Mannion, Pat McGarvey, Laura Merkl, Mike Mitchell, Pete Neubauer, Napthali Offen, Mimi Osborne, John Pelka, Fitz Pizarro, Jamie Robinson, Phil Rollins, Gina Rus, Anne Sasaki, Conrad vonBlankenberg, Dave Zovickian.

**Pilots:** Susan Allen, Judy Apfel, Marcus Auerbuch, John Bettencourt, Barry Christian, Ken Coren, Ed DeCossio, Jim Fagan, Jim Frew, Don Harrison, Nigel Kileen, Phil Kohlenberg, Steve Lathram, Harry Louie, Bob McEwen, John Robach, Chuck Vogt, Storm White

1. Suzanne Heim	28.23
2. Laura Burtch	31.59
3. Pam Derkes	33.12
4. Jon Ennis	33.40
5. Mickey Lavelle	35.40
6. John Pelka	36.35
7. Pat McGarvey	36.44
8. Mike McGaughy	36.49

## Ladies Cup

**T**HE LADIES CUP WAS CHRISTENED IN 2005 in order to stimulate participation and competition among the club's elite swimmers. The top swimmer in each eligible Dolphin Club swim (generally all out-of-cove swims) is awarded 10 points, second place receives 9 points, etc. The people with the most points will be recognized at the Pilot appreciation dinner. However, swimmers must pilot at least one out-of-cove swim in order to be eligible.

So far this year we've seen a lot of close races and some swimmers emerging near the top thanks to their relentless efforts and regular participation. Suzanne Heim currently leads, but brave Nigel Kileen is the leader among swimmers who have met the piloting qualification.

## Dolphin Club Swim Program Ladies Cup Standings as of 7-28-05

	Points to Date
Suzanne Heim	50
Nigel Kileen	42.5
John Ottersberg	35
Jon Ennis	32
Laura Burtch	32
Adam Engelskirchen	27
Candace Kelly	26.5
John Pelka	15
Neal Rayner	12
Pam Derkes	12
David Rich	11
Pat McGarvey	10

Si Bunting	9
Sean McFadden	9
Neala Kendall	9
George Kebbe	8
Brian Herrick	7
Mick Lavelle	6
Phil Rollins	5
Suzie Dods	5
Ted Tilles	4
Eric Burke	4
Mike McGaughy	3
Adrian O'Callaghan	3
Peter Kruit	2
Ian McLean	2
Mo Chesterton	1
Joe Ferrero	1
Joe Omran	1
Laura Merkl	1

9. Adrian O'Callaghan	36.50	26. Napthali Offen	42.07
10. Laura Merkl	37.06	27. Mike Mitchell	42.08
11. Margaret Keenan	37.11	28. Tom Dugan	42.22
12. Ian MacLean	37.23	29. Jamie Robinson	42.56
13. Gina Rus	37.34	30. Jon Nahrgang	43.22
14. Conrad vonBlankenburg	37.35	31. Ted Tilles	43.38
15. Krist Jake	38.09	32. Pete Neubauer	44.18
16. Dan Osborne	38.14	33. Anne Sasaki	45.00
17. Bingo McKenzie	38.38	34. Vic Pizarro	45.16
18. Joe Illick	39.13	35. Mark Lubiszewski	45.23
19. Kate Coleman	39.27	36. Carol Watson	45.44
20. Bob Blum	39.40	37. Rey Hassan	45.56
21. Mark Mullen	40.19	38. Debby Rose	46.58
22. Dean Badessa	41.23	39. Susan Lauritzen	47.26
24. Robin Rome	41.25	40. Roger Kleid	48.41
23. Piper Murakami	41.34	41. Mary Cantini	49.45
25. Greg Hicks	41.52	42. Joe Mannion	49.51



## PRESIDENT'S REPORT

# TIED TO THE TIDES

by Ken Coren

**E**ACH DAY THROUGHOUT THE YEARS Dolphin Club members ask one another: "How is the water?" While the question seems important, regardless of the answer, we blithely jump into the Bay to do our swims.

And Dolphins are also always asking each other about the tides. Coming in? Going out? Weak? Strong? Again with pretty much the same result: regardless of the answer, another Dolphin enters the water.

I recently realized that despite my decades of daily concern with the tides, I had only a vague knowledge of their mechanics. I didn't know why we had multiple high and low tides within the span of one day. I didn't understand what forces could cause the two high tides in a given day to sometimes be equal to each other, and at others times to be markedly different. I had heard several explanations as to why each succeeding high tide advances an extra 25 minutes beyond the previous one twelve hours earlier, but I was never convinced by the logic of any of them.

Empirically, I knew what a strong high tide looked like in the cove. Anything over a plus 6.2 tide is likely to wash the blue steps leading up from the beach, and anything over a plus 6.4 will have water coming up through the slats in the dock. I also knew that a good minus tide will expose the thermometer sensor on the pilings, and a minus one foot or more will have us wading over hard sand, and maybe even exposing to murky view some of the kelp growing out by the roundhouse.

Ultimately, I had no understanding of the "zero tide line" that everything plus or minus is measured from. Wherever this Zero is, how is it set?

I soon found out swim commissioners past and present did not know the particulars about this Zero either, nor did the folks in the sauna, nor even the morning swimmers. Dolphins had a multitude of interesting theories and guesses, but no one knew how the Zero tide is set.

Searching for Zero led to Tidal Datum benchmarks that are established over the course of 19-year Tidal Epochs. This mystical period of time is not an arbitrary construct of man or even the National Oceanic Atmospheric Administration (NOAA), but a celestial period set by the moon and its relation to the Earth and sun. Understanding this relationship leads to an understanding of the tides. Back to step one: learn this cosmic dance, and then onto Zero.

The tides are a function of the interplay of the gravitational forces of the moon and the sun upon the oceans of the Earth. The sun has an influence, but since the moon is 400 times closer to Earth, its gravitational influence on the oceans is more direct.

One of each day's high tides is caused by the direct pull of the moon on the surface of the ocean that faces the moon. But what of the second high tide?

In gravitational terms, the moon does not circle Earth. The Earth and the moon are involved in a do-si-do around the midpoint of their gravitational attractions. Since the Earth is more than 80 times larger than the moon, this center point is much closer to the center of the Earth than the center of the moon. In fact, this center point around which both the Earth and the moon twirl is approximately 1,000 miles below the surface of the oceans, approximately three-quarters of the way to the center of the Earth. (This dance is so fundamental that the sun's gravitational pull is exerted not on the Earth itself, but on this pivot point where it "joins gravitational hands with the moon" causing the Earth to wobble along in its orbit around the sun.) As the Earth and its oceans are being hurled around this pivot point, massive centrifugal forces are created, causing the water of the far extreme of this whip to bulge out and create a second, equal and simultaneous high tide on the other side of the Earth precisely opposite the area directly beneath the moon.

Since the oceans contain a finite amount of water and massive amounts are pulled towards and thrown away from the moon, low tides occur on the lateral sides of the globe.

Since 502 Jefferson Street hitches a ride and dutifully spins with the Earth around its axis, we come full circle every 24 hours. If we start out at noon with a high tide that sits under the moon as the Earth turns taking us along with it, by midnight we wind up "on the other side" and will be experiencing the "opposite centrifugal high tide". (Of course, halfway there, we passed through the low tide that sits between these two high tides.) That's how we get two high tides per day.

**B**UT WE DON'T GET EXACTLY TWO PER DAY. It generally takes 12 hours and 25 minutes between peak high tides. Where do those additional 25 minutes between peak high tides come from? Simple arithmetic. The moon, with its tide-creating gravitational forces, travels in the same direction the Earth is turning, but moves faster, completing its 360 degree orbit approximately every 28 days. Thus the daily movement of moon through more than 12 degrees of its 360 degree is a daily rate of progress of about 3.5%. While 502 Jefferson completes its "360" around the Earth's axis, returning us to the same spot we had been at 24 hours before, we must still ride the Earth's surface for another 50 minutes (or 3.5% of a day) to catch up to that spot where the moon and its tidal bulge have advanced.

Two high tides, two low tides, respectively advancing every 12 hours and 25 minutes in between. So far so good. Why is



it that on some days the two high tides are pretty much equal, and on other days there can be an extreme difference between their heights? As it turns out, the moon orbits the Earth along an elliptical rather than a circular path. Furthermore, this elliptical path is tilted at an average angle of 25 degrees above the Earth's equator at one end, and 25 degrees below at the other.

It is this tilt of the moon's orbit that causes us folks on Jefferson Street to see two vastly different high tides within the same day. [It also gets us closer to Zero.] Picture in your mind the truth that the tidal bulges that line up under the moon and on the opposite end of the globe always remain equal in height. Now exaggerate in your mind the lunar orbit's angle of tilt ("declination") to 45 degrees for this illustration: The high tide bulge in our cove, here in the northern hemisphere, will be opposite a high tide half way around the world in a direct line from the moon through the center of the Earth. Since the moon is so high in its tilted orbit, this second bulge will be occurring in the southern hemisphere. Keep these bell shaped tidal bulges where they are, and picture our blue-trim clubhouse spinning "horizontally" around the Earth's axis, always staying in the northern hemisphere. Twelve hours and 25 minutes later, we pass under the downward sloping edge of that "opposite" tidal bulge, the peak of which is centered in the southern hemisphere. When the moon's transit of its orbit reaches our equator every two weeks, the tidal bulges spread equally across the equator and slope in a bell-curve equally into the northern and southern hemispheres. Thus, we in the cove experience two consecutive high tides of equal height.

**W**E ARE NOW ALMOST TO ZERO. The Earth repeats its orbital trip around the sun every 365 days. This puts us in the same spatial relationship to the sun each and every year on any chosen date, so that the sun rises and sets at exactly the same time each and every January 1st, or any other given date on the calendar.

The tides are affected by the relative positions of the moon, the Earth and the sun. The tidal bulges are greater during the full and new moon because the Earth, moon and sun are set in a straight line, thus allowing the moon and the sun to pull together. During the quarter moons, when the sun and the moon are at right angles to the Earth rather than in a straight line, the gravitational pulls of Earth's two heavenly bodies pull at the oceans from opposite directions, diffusing the overall gravitational pull and resulting in lower tidal bulges.

Now, here's a tough concept necessary to find Zero: Start with Earth sitting at one end of the moon's non-circular orbit, not in the center. Now picture a black spot painted on the inside surface of an orange hula hoop. The first time that

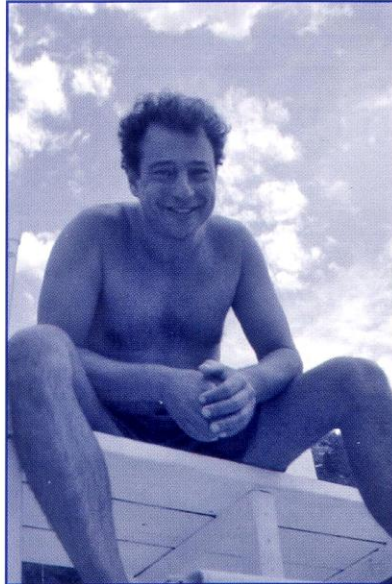
black spot comes around, it might touch the front of your waistline. The next time that black spot comes around, it will touch another area along your waistline. That black spot is touching at different longitudes along your equator, just as

our celestial black spot, the moon, advances over varying points of longitude on Earth's equator every two weeks as it heads up and down its tilted orbit. Because of the shape and tilt of the moon's orbit, and the fact that the moon and Earth are joined in their spin around the sun, the moon takes almost 19 years to cover each degree of longitude over the Earth's equator.

During each day in this period, our three tide producing gravitational celestial bodies [the moon, the sun, and the Earth] stand in a unique, non-repeating spatial relationship to each other. Thus, gravitational influences on the tides will not be exactly duplicated within any 19-year span. [Also, if the moon is full on any given New Year's Eve, it will not be full again on New Year's Eve for at least 19 years.] This 19-year period of time is known as a Tidal Epoch. As we close in on Zero, we must return to Earth and think locally, as the tides are also affected by wind, rain, drainage, erosion, ocean levels and bottom contours.

Benchmarks are established in the San Francisco Bay and hundreds of other locations by measuring the four tides that occur during each daily tidal cycle throughout the entire 19-year Tidal Epoch. One of those measurements is of the lower of the two low tides in each daily cycle, referred to as Low Low Water (LLW). The average LLW over the course of a 19-year Tidal Epoch in any given locality, such as San Francisco Bay, is the benchmark from which high and low tides are measured, known as the Tidal Datum. That's it. That's our Zero, and you can find it because it exists a certain distance below the brass surveyor's discs set at a number of locations along the shoreline of San Francisco Bay. Some of these benchmarks can be seen at Crissy Field along the seawall behind the Old Coast Guard Station dock, another nearby on a concrete post inside a circle of bricks by the Engineer's Dock, and yet another in the lowest concrete step at the main entrance to the porch of the building at 651 Mason Street.

Oh, one more thing. Since the weather, water flows, and contours of San Francisco Bay are always changing, the tide books are merely predictions based upon the projected movements of the moon, sun and Earth. The measurements throughout the Tidal Epoch have shown the tide books to be off over 90 percent of the time, often by a foot or more. 🐬



Ken Coren

Searching for  
Zero led to  
Tidal Datum  
benchmarks that  
are established  
over the course  
of 19-year  
Tidal Epochs.  
This mystical  
period of time  
is not an  
arbitrary  
construct of  
man...



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Boating Club

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## DOLPHIN CLUB – SWIM SCHEDULE 2005

Dec. 21, 2004	Tue.	.Polar Bear Swim Starts	
Jan. 1	Sat.	.South End New Year's Day Alcatraz	9:30 am
Jan. 1	Sat.	.New Year's Day Cove	11:00 am
Jan. 23	Sun.	.Mid-Winter Gas House Cove	7:45 am
Feb. 12	Sat.	.Suzie Dods' Winter Fest	9:00 am
Feb. 26	Sat.	.Handicap Cove	9:00 am
Mar. 5	Sat.	.Garwoods Tahoe Swim	TBD
Mar. 20	Sun.	.End of Polar Bear Twilight Swim & Potluck	4:00 pm
Mar. 21	Mon.	.Polar Bear Swim Ends	
Apr. 2	Sat.	.Pier 41	9:00 am
Apr. 30	Sat.	.Pier 39	8:30 am
May 15	Sun.	.Bay Bridge	8:00 am
Jun. 1	Wed.	.100 – Mile Swim Starts	
Jun. 3	Sun.	.Crissy Field	8:30 am
Jun. 25	Sat.	.Liam Hennessy's Crazy Cove	9:00 am
Jul. 3	Sun.	.Yacht Harbor	8:00 am
July 23	Sat.	.Tahoe Relay	TBD
July 30	Sat.	.Santa Cruz One Mile	TBD
Aug. 14	Sun.	.Alcatraz	9:15 am
Aug. 28	Sun.	.Joe Bruno Golden Gate	9:30 am
Sep. 9	Fri.	.Over 60 Twilight Cove & Potluck BBQ	6:00 pm
Sep. 17	Sat.	.Fort Point	8:00 am
Oct. 1	Sat.	.Over 45 Gas House Cove	9:15 am
Oct. 16	Sun.	.Dolphin / South End Triathlon	9:00 am
Oct. 22	Sat.	.Escape from Alcatraz Triathlon	9:00 am
Oct. 31	Mon.	.100 – Mile Swim Ends	
Nov. 12	Sat.	.Pilot Appreciation Dinner	6:00 pm
Nov. 24	Thur.	.Thanksgiving Day Cove	9:00 am
Dec. 18	Sun.	.New Year's Qualifier	10:00 am
Dec. 18	Sun.	.Christmas Party	12:00 pm
Dec. 21	Wed.	.Polar Bear Swim Starts	

### ROWING TRAINING (ALL FALL ON SATURDAY)

JAN.22	MARCH 19	MAY 21	JULY 23	SEPT. 24	NOV. 19
FEB.19	APRIL 23	JUNE 18	AUG. 20	OCT. 22	DEC. 17

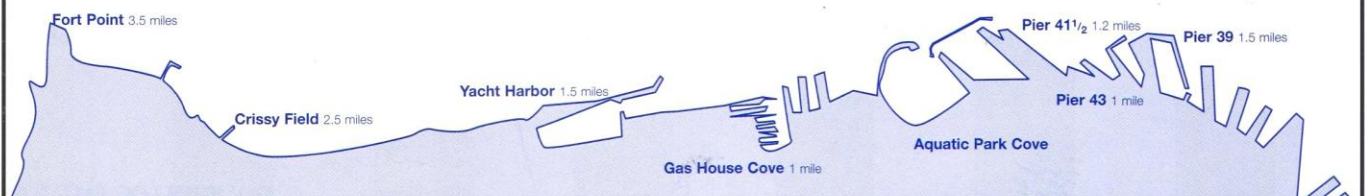
### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled out-of-cove swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commissioner.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.



### Additional qualifications for Alcatraz and Golden Gate Swims

10. In-town members must successfully complete two "qualifying" swims and one other scheduled swim and pilot or help on at least 2 others. (See bulletin board for details and updates.)
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. In swims that are qualifiers, nonqualified members will be given priority over swimmers who have already qualified for the Alcatraz/Golden Gate.





SPRING 2006

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

## Editors

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## Published By

The Dolphin Swimming  
& Boating Club  
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San Francisco, CA 94109

## Board of Governors

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De Cossio, Suzie Dods,  
Brian Herrick, Tom Kuglen,  
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Don Harrison, *House Captain*  
Lou Marcelli, *Commodore*

## Cover Photo

Back to harbor on a wet New  
Year's Day. *Photo: Colin Gift*

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Submission of any and all material  
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in any way that the editors feel will  
improve the material for Log readers.  
Decisions to alter or publish submitted  
material will be the decision solely  
of the editors.

## Feeding Dolphins

What do Dolphins like to  
eat? Were our fellow  
Dolphins sleek and leaping  
marine mammals the  
answer would be simple:  
fish! Our club Dolphins  
enjoy a lot more variety but  
do resemble their marine  
brethren in having big  
appetites and showing much  
appreciation for meals. The  
former characteristic makes  
a real challenge of the Old  
Timers lunch and the Pilot  
Appreciation dinner, when  
diners number 200 or more.

My first experiences cooking  
for Dolphin events were in  
the early 1980s when the  
Dolphin Club galley was

in the capable hands of  
Herman Zahler. (Check out  
his portrait on the south  
wall of the Zahler Room to  
the left of our entry hall.)  
Herman's experiences in  
the army quartermaster  
corps during World War II  
prepared him well for cooking  
in quantity. His ebullient  
personality, generosity, and  
knowledge of food and  
cooking made him a great  
mentor for those of us  
interested in learning to feed  
Dolphins. By the time Herman  
passed away (appropriately  
in the Dolphin galley) quite  
a few of us had enough skill  
in handling huge pots, hotel  
pans, and serving bowls that  
we could carry on in the

tradition of cooking festive  
Dolphin meals from Friday  
night potlucks to special  
occasion banquets.

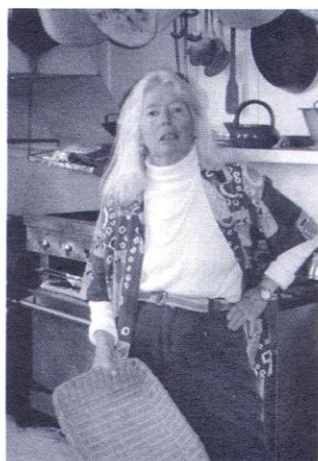
Creating a Dolphin event  
is a co-operative effort.  
With the leadership of our  
social chairperson Dolphin  
volunteers take on all  
aspects of preparing for an  
event—posters and tickets,  
decorations and room set-up,  
bar stocking and tending,  
program and music,  
shopping, cooking, serving,  
and clean up. Planning the  
menu usually begins several  
weeks before the event and  
depends on likely attendance  
(15 or 200?), tradition  
(Old Timers Crab Lunch),  
availability of seasonal



2006 Dolphin Club board members: (back, left to right) John Ottersburg, Ken Coren (president), Joe Cowan, Anthony DuComb; (middle row) Tom Keller, Phil Kohlenburg, Don Harrison, Tom Kuglen, Laura Atkins; (front row) Renee De Cossio, Corrina Witt, Rachel Perry, Brian Herrick, Suzie Dods. *Photo: Colin Gift*



On March 4th Dolphins participated in the Tahoe Gar Woods Polar Bear Swim. Braving 38 degrees waters were Suzie Dods, Mary Cantini, Mary Sancimino, Amber Rhett, John Ottersberg, Rick Avery, Sean McFadden, Vic Pizarro, Tim Harwood, Brian Herrick, and honorary Dolphin Josh Birdsall. Tom Keller arrived a bit late and swam the 200 yard course all butterfly. Photo: Maureen R. Fitzgibbons



Mimi Osborne in the galley.

ingredients, and the whim of the chef.

In preparation for Dolphin dinners I first inventory the kitchen closet to see what supplies I might need for cooking and serving, check for liquor supplies, and tidy up. I make lists and try to shop efficiently with a minimum of trips. I depend on Smart and Final and Costco for many items and the Farmers' Market, Trader Joe's, and El Chico for others. Dolphin members Phil Kohlenberg, a master baker; Ralph Wenzel and the Sancimino family (owners of Shubert's Bakery and Swans Oyster Depot, respectively); and chefs Mike Dixon and Jason Togneti are all generous participants in Dolphin events. On event day I arrive at the club early,

unload the supplies, clean up the galley (mopping the floor never stops!), and make large-print lists of food prepping that needs to be done so that volunteers can decide what they have time for and interest in. I try to have all the tools helpers ready—knives and cutting boards, bowls and colanders, great big frying pans, six-gallon pots, and hotel-sized cooking vessels. Working through the day, cleaning up as we go along, and keeping the galley atmosphere tranquil all contribute to dinner being ready for the serving crew at the appointed time. It's a great feeling to see a room full of Dolphins chowing down, as well as a tribute to Dolphin teamwork.

One of my favorite dinners is the post "Escape from Alcatraz Triathlon" awards supper. It includes not too many folks (80-100), but participants are especially hungry and thus especially appreciative. And it's over early. In 2005, after years of pasta, I prepared chile, cornbread, salsa with coleslaw. Both dishes were very well received. In case you need to serve a big bunch of hungry friends, here's my recipe for "Escape" chili.

— Mimi Osborne

### Mimi's Infamous Escape Chili

*Saute together:*

15 lbs. peeled, chopped onions  
12 to 15 lbs. ground turkey  
8 to 12 lbs. mixed mild peppers  
(different colors and varieties)

Two heads of garlic, chopped.

When the onions are translucent and the meat is thoroughly broken up and no longer pink add:

1 cup chile powder  
6 tablespoon dried oregano  
or Italian herb seasoning  
3 tablespoon ground cumin  
2 teaspoon ground cloves  
1 gallon diced tomatoes  
2/3 gallon tomato sauce

Cook very gently, being very careful not to let the preparation stick, for at least two hours. Then add 4 gallons of canned beans (black, red, pinto or a mixture). Taste, add more seasonings as needed, and cook gently for at least one hour more.

### Life Members Dinner 2006

On February 19 members and guests gathered to honor Life Members (see picture on pages 8-9) for their contributions to the club—and to enjoy crab and pasta. There were 61 Life Members (25 years or more continuous membership) including seven with over 50 years: Charles Korelec (1954), Aldo Cuneo and Walt Schneebeli (1948), Robert Neilsen (1947),

Roland DeMarais (1946), and Antone Gelardi (1940). Our two oldest Life Members Andy Camus (1932) and Paul Silvester (1930) were not able to attend.

— Peter Bianucci

### Swim

(after anonymous poem Run)

Swim...

from Evil

Swim...

from Strife

Swim to save your very life.

Swim...

for pleasure

Swim...

through pain

Swim...

at leisure

Swim...

in rain

The blood courses,  
the arms flail  
To archaic rhythmic sound.  
Use your frame for its design  
Leave the present far behind.

Swim...

with others

Swim...

alone.

Swim to build up flesh  
and bone.

Swim...

yes swim,  
not knowing why  
Swim...

To live...  
Before you die.

—Keith Weaver



# FALL WARS



When the days become shorter, the water colder, and the swimmers are pressing to finish their 100 miles before the end of Halloween, it is triathlon time again at the Dolphin and South End Clubs. On consecutive weekends the Dolphin Club defended the plaque and its 2004 victory, and hosted the Dolphin/South End Club Triathlon, and organized the 25th and Original Scape from Alcatraz.



BY ANTHONY DUCOMB

## BRAGGING RIGHTS

According to South End Club historian, Pat Cunneen, the inter-club triathlon was first held in 1976, the year of the Nation's Bicentennial and the City's Centennial. The still-used Row, Swim, Run format was settled upon, but in a different order. In that year seven runners from each club started at the Sand Dollar Restaurant in Stinson and traversed the Dipsea trail to the Sausalito Yacht Club. There, the two club barges raced to the Saint Francis Yacht Club, where seven swimmers from each club, including, we are told, legends Frank Drum of the DC and George Farnsworth of the SE swam to Aquatic Park. The South Enders prevailed, and the annual battle for the honor to hand the plaque began.

This year, as in the past few years, the Dolphin *Weiland* barge coxed by Greg LaRoche and rowed by six strong women entered the Cove from Alcatraz with a resounding victory and 35 points. Unfortunately, the remaining Dolphin boats did not fair so well, and at the end of the rowing event the other club lead 140 to 70. The swim from Yacht Harbor also began on a positive note, with Suzanne Heim and John Ottersberg garnering 39 points with a first and a second. However, SE recruited fast swimmers by the boat load, and the swim went to the other side 170 to 117. The DC came back strong in the run, led by Ian MacLean's third place, and capturing 12 of the top 20 places, prevailing 162 to 126.

Far from the first year of the club triathlon, which had two boats, 14 runners, and 14 swimmers, the 2005 edition

had 27 boats, 137 swimmers, and 100 runners competed, and dozens helped and piloted. All were feted to a breakfast with kegs by Ralph Wetzel and his crew. While the final score was 436 to 349 and plaque went back to the South End Club, the day was a great success.

## ESCAPE!

Pete Bianucci and Tom Gould were in at the beginning of the Original Escape from Alcatraz, and 25 years later Pete still manages the premier triathlon anywhere short of the Ironman Kona. While hundreds compete in the commercial escapes, where else but at the DC can you swim without a wetsuit from Alcatraz, mount your bike with frozen feet that may warm up just in time to have Tom Gould announce your interim time as your start to pound out a Double Dipsea? What other triathlon has you hitch a ride back to the City where you are treated to a vegetarian feast by Chef Mimi Osborne?

October 22 dawned with a fog that would not lift, and many of the competitors were convinced that Alcatraz swim would be cancelled. But the fog lifted. Cathy Huang was the first swimmer to hit the beach. Mo Cheston made up time with the fastest bike, but for the second weekend in a row Ian MacLean showed us all what a fine runner he is. He scorched the Dipsea trail with the fastest time to win the event in 3:50:00. Rebecca Tilley was the first female with a time of 4:50:00. Brent Pohlmann was the first South ender, Elizabeth Barton and Mo won the Female and Male Cruiser Classes.



# Dolphin/South End Triathlon

OCTOBER 16, 2005

## ROW RESULTS

PLACE/NAME/CLUB TIME

### CLASS DOUBLE SHELL

1	Denis/Furano SE	10:09
2	Perry/Witt DC	10:45
3	O'Leary Busby/Rose SE	11:17
4	Schwartz/Snyderman DC	

Sub-total DC: 10 SERC: 25

### SINGLE SHELL

1	Woodhead SE	10:28
2	Marshall SE	11:32
3	Gary Ehrsam DC	11:35
4	Scott Roth DC	14:30

Sub-total DC: 5 SERC: 30

### WHITEHAUL

1	Valhala - Abbott /Seklich SE	12:35
2	Valkyrie - McInerney/Babauta SE	14:19
3	Viking - Mervyn/Reiff DC	15:50
4	Viking - Lifthraiser Kerr/ Oppenheimer DC	15:57

Sub-total DC: 5 SERC: 30

### HEAVY DOUBLE

1	O'Neill - Young/Norquist SE	16:27
2	No. 11 - Wurm/Ribak SE	19:37
3	Farrell - Davis/Robinson DC	20:20
4	Cronin - Iackman/Hall	27:41
5	Hughes - Coffman/Mehan DC	28:51

Sub-total DC: 5 SERC: 30

### HEAVY SINGLE

1	Murphy - McInery SE	24:58
2	Landucci - Mays DC	25:13
3	Brady - Kurt SE	28:56
4	Penaat-McLaughlin SE	29:58
5	Bruno - Hansen DC	30:10
6	Baggiani - De Cossio-Harding	33:29
7	Thor - Peterson SE	33:45
8	Cecco - Butler DC	37:23

Sub-total DC: 10 SERC: 25

### BARGE

1	Weiland DC	07:20
2	SE	

Sub-total DC: 35 SERC: 0

**TOTAL** DC: 70 SERC: 140

## SWIM RESULTS

(Due to foggy conditions, swim  
start moved from Alcatraz to  
Yacht Harbor)

PLACE/POINTS/NAME/CLUB TIME

1	20	Suzanne Heim DC	17:45
2	19	John Ottersberg DC	17:57
3	18	Joel Wilson SE	17:59
4	17	Jonathon Paul SE	18:17
5	16	Paul Sagora SE	18:31
6	15	Becky Fenson DC	18:35
7	14	Bruckner Chase DC	19:03
8	13	Joel Swartz SE	19:07
9	12	Dan Rogers DC	19:12
10	11	Brad Bini SE	19:25
11	10	Tim Harvey SE	19:34
12	9	Aaron Armstrong SE	19:53
13	8	Jeff Gunderson SE	20:04
14	7	Craig Marble SE	20:13
15	6	James Knight SE	20:14
16	5	Meike Labusch DC	20:36
17	4	John A. Walker SE	20:37
18	3	John Hathaway SE	20:40
19	2	Robert Gherhardt SE	0:54
20	1	Sue Free SE	20:59
21	1	Matt Bracco SE	21:00
22	1	Jon Ennis DC	21:15
23	1	Diane Davis SE	21:42
24	1	Alex Johnston SE	22:24
25	1	Jim Grant SE	22:30
26	1	Neil Raynor DC	22:48
27	1	Adam Engleskirchen DC	22:53
28	1	Jessica Sullivan SE	23:00
29	1	Edison Peinado SE	23:11
30	1	Brian Herrick DC	23:24
31	1	Marla McGowan DC	23:34
32	1	Phil Murphy SE	23:40
33	1	Duke Dahlin DC	24:00
34	1	Nancy McInvaine SE	24:00
35	1	Suzie Dods DC	24:31
36	1	Andreas Kohler DC	24:35
37	1	Sean McFadden DC	24:39
38	1	Rick Barthels SE	24:39
39	1	Tim Harwood DC	24:43
40	1	Philip Scarborough DC	24:49
41	1	Barry Maquire SE	25:20
42	1	John Pelka DC	25:47
43	1	Paul Davies DC	25:47
44	1	George Rehnert SE	25:55
45	1	Kristine Buckley SE	25:59
46	1	Tom Linthicum SE	26:12
47	1	Rebecca Tilley DC	26:54
48	1	Dwight Duke SE	27:00
49	1	Michael McGaugly DC	27:15
50	1	Joe Butler SE	27:40

51	1	Steven Hurwitz SE	27:48
52	1	Chris Blakeslee SE	27:58
53	1	Julie Wahlig SE	28:20
54	1	Vincent Huang DC	28:30
55	1	Paul Weiss SE	28:31
56	1	Pauline Yeckley SE	28:44
57	1	Wesley Wung SE	28:44
58	1	Tom Paoli SE	28:51
59	1	Owen Conner SE	28:51
60	1	Mike Laramie SE	29:04
61	1	Andy Field SE	29:12
62	1	Gina Rus DC	29:21
63	1	Dianna Shuster SE	29:31
64	1	Lisa Ludwigsen SE	29:37
65	1	Krist Jake DC	29:37
66	1	Rick Avery DC	29:38
67	1	Tod Oppenheimer DC	29:50
68	1	Jim Labrenz SE	29:57
69	1	Neal Powers DC	30:06
70	1	Bob Blum DC	30:07
71	1	Kim Hooper SE	30:13
72	1	Allison Kalhammer SE	30:21
73	1	Susan Parker SE	30:30
74	1	Christa McNally SE	30:30
75	1	Kelly Ryan SE	30:49
76	1	Mary-Alex Needham DC	30:52
77	1	Pedro Ordenes SE	30:53
78	1	Dean Badessa DC	31:04
79	1	Diane Craig SE	31:09
80	1	Susan Hopp SE	31:24
81	1	Jim McCormick SE	31:40
82	1	James Hult DC	31:42
83	1	Joseph Omran DC	31:42
84	1	Norman Davis SE	32:04
85	1	Art Poster SE	32:21
86	1	Pete Neubauer DC	32:35
87	1	Margot Kushel SE	33:36
88	1	Jonathan Nahrgang DC	33:39
89	1	Brenda Austin SE	33:45
90	1	Hugh Kim DC	34:00
91	1	Greg Hicks DC	34:00
92	1	Stephanie Gerk SE	34:08
93	1	Dan Needhan SE	34:13
94	1	Susan Herder SE	34:23
95	1	Chris Bruno SE	34:34
96	1	Anna Sojourner SE	34:46
97	1	Jamie Robinson DC	35:12
98	1	Elizabeth Glass SE	36:10
99	1	Keith Howell DC	36:12
100	1	Marty Murphy SE	36:12
101	0	Laura Lent SE	36:40
102	0	Vic Pizarro DC	36:45
103	0	Bill McDonald DC	37:02
104	0	Gary Aguiar SE	37:27
105	0	Keith Nowell SE	37:55

106	0	Robin Rome DC	38:08
107	0	Stephen Stout DC	38:56
108	0	Sylvia Marino SE	39:21
109	0	Naphtali Offen DC	39:32
110	0	Tom Hegluno SE	39:34
111	0	Piper Murakami DC	39:44
112	0	Alison Saylor SE	39:46
113	0	Joe Abad SE	40:01
114	0	Mary Sancimino DC	40:29
115	0	Fred Crisp SE	40:58
116	0	Dan O'Neill SE	41:09
117	0	Susan Lauritzen DC	41:26
118	0	C. Clarkson SE	42:09
119	0	Linda Nowell SE	42:51
120	0	Kimberly Howard SE	43:45
121	0	Jean Duncan SE	45:49
122	0	Kathy Bailey SE	46:24
123	0	Roger Kleid DC	47:12
124	0	Jim Bresrahan SE	47:26
125	0	Mary Cantini DC	47:31
126	0	John Theede DC	47:55
127	0	John R. Finnigan SE	48:01
128	0	Joshua Young SE	50:44
129	0	J.P. Seiculich SE	52:19
130	0	Nancy Iverson SE	52:44
131	0	Susan Petro SE	55:53
132	0	Robin Kincaid SE	56:49
133	0	David Grauber SE	61:40
134	0	Jason Carlos SE	73:10

**TOTAL** DC: 117 SERC: 173

## RUN RESULTS

Distance: 7 Miles R/T to Ft. Point

PLACE/POINTS/NAME/CLUB	TIME
1 20 John Dahlz SE	30:02
2 19 Jim Grant SE	30:09
3 18 Ian MacLean DC	30:35
4 17 Gregg Adam SE	32:00
5 16 Michael Coren DC	32:45
6 15 Bruckner Chase DC	33:25
7 14 Andrew Schwaab DC	33:32
8 13 Russ Kiernan SE	33:55
9 12 Jim Moore DC	34:18
10 11 Tom Dugan DC	34:25
11 10 Mo Cheston DC	34:29
12 9 Tom McErney SE	35:32
13 8 Phil Reiff DC	38:25
14 7 Tina Butler DC	38:42
15 6 Jeff Doleman SE	39:05
16 5 Clint Callan DC	39:09
17 4 Boris Rozenberg DC	39:33
18 3 Matt Bracco SE	39:52
19 2 Erick Burke DC	40:05
20 1 Owen Conner SE	40:30
21 1 Mark Mullen DC	40:32

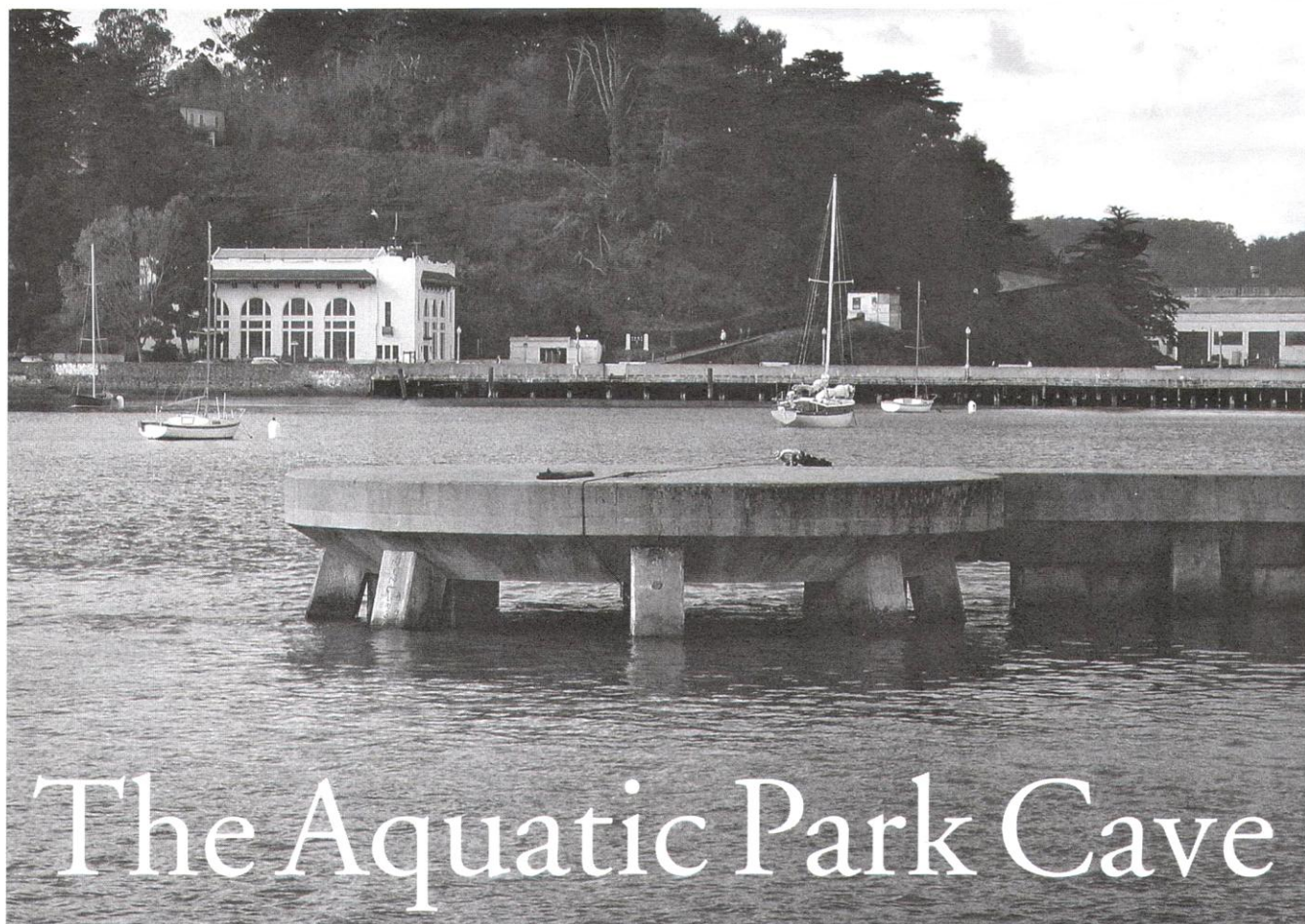


<div> <div>22 1 Mark Robinson DC 40:57</div> <div>23 1 George Richart SE 41:23</div> <div>24 1 Storm White DC 41:37</div> <div>25 1 Courtney Dunkroger DC 41:40</div> <div>26 1 Scott Corbain DC 41:53</div> <div>27 1 Ginadi Grazia SE 42:11</div> <div>28 1 Anthony DuComb DC 42:19</div> <div>29 1 Carol Watson DC 42:29</div> <div>30 1 Ken Coren DC 42:33</div> <div>31 1 Tom Linthicum SE 42:36</div> <div>32 1 Ted Tilles DC 42:50</div> <div>33 1 John Pelka DC 43:01</div> <div>34 1 Paul Sagora DC 43:01</div> <div>35 1 Paul Davies DC 43:20</div> <div>36 1 Jamie Robinson DC 43:56</div> <div>37 1 John Dugan DC 44:21</div> <div>38 1 Rick Avery DC 44:32</div> <div>39 1 Scott Roth DC 44:51</div> <div>40 1 J.A. Walker SE 45:23</div> <div>41 1 Jack Majors SE 45:25</div> <div>42 1 Patricia Bank SE 45:29</div> <div>43 1 Naphtali Orzen DC 45:35</div> <div>44 1 Kurt McCulloch SE 46:40</div> <div>45 1 Kimo Lai SE 48:03</div> <div>46 1 Chris Clay SE 48:27</div> <div>47 1 Tracy McCormick SE 48:39</div> <div>48 1 Guarina Lopez SE 48:46</div> <div>49 1 Bill Ford SE 49:35</div> <div>50 1 Barry Christianson DC 50:29</div> <div>51 1 Joshua Young SE 50:44</div> <div>52 1 Janet Clueston DC 51:05</div> <div>53 1 Greg Laroche DC 51:08</div> <div>54 1 Andy Field SE 51:09</div> <div>55 1 Michael McGaugley DC 51:20</div> <div>56 1 Judi Shaffer SE 51:27</div> <div>57 1 Brian Herrick DC 51:56</div> <div>58 1 Gretchen Coffman DC 52:06</div> <div>59 1 Renee De Cossio DC 52:09</div> <div>60 1 Susan Herder SE 52:10</div> <div>61 1 Jim McCormick SE 52:25</div> <div>62 1 Julie Wahlig SE 52:40</div> <div>63 1 Dan Taafe DC 53:41</div> <div>64 1 Gary Aguiar SE 53:43</div> </div>	<div> <div>65 1 Edison Peinado SE 54:00</div> <div>66 1 Mickey Lavelle DC 54:11</div> <div>67 1 Tracy Corgin DC 54:31</div> <div>68 1 Meike LaBusch DC 54:32</div> <div>69 1 Rachel Perry DC 54:45</div> <div>70 1 Mike O'Connell SE 54:46</div> <div>71 1 Dominic Spinetta SE 55:22</div> <div>72 1 Andreas Kohler DC 57:01</div> <div>73 1 Margaret Keenan DC 57:28</div> <div>74 1 Christa McNalley SE 57:41</div> <div>75 1 Bob Giebeher SE 58:12</div> <div>76 1 Chris Bruno SE 59:44</div> <div>77 1 JP SE 59:59</div> <div>78 1 Dolores Meehan DC 60:34</div> <div>79 1 Pat Cunneen SE 60:38</div> <div>80 1 Kathy Bailey SE 60:40</div> <div>81 1 Alena SE 61:15</div> <div>82 1 Gina Rus DC 61:37</div> <div>83 1 Era Osibe DC 62:10</div> <div>84 1 Mary Alex Needham DC 62:28</div> <div>85 1 Dan Needhnam SE 63:12</div> <div>86 1 Diane Davis SE 63:41</div> <div>87 1 Gary Ehram DC 64:00</div> <div>88 1 Debbie Rose DC 64:01</div> <div>89 1 Robin Rome DC 64:20</div> <div>90 1 Jennifer Green SE 64:20</div> <div>91 1 Terry Kleid DC 65:23</div> <div>92 1 Kim Pross SE 65:44</div> <div>93 1 Susan Hopp SE 67:21</div> <div>94 1 Jen Prager SE 67:43</div> <div>95 1 Brenda Austin SE 69:54</div> <div>96 1 Jessica Gammell SE 70:02</div> <div>97 1 Andrea Kellogg SE 70:03</div> <div>98 1 Anne Sasaki DC 70:07</div> </div>	<div> <div>Escape from Alcatraz Triathlon</div> <div>OCTOBER 22, 2005</div> <div> <div>PLACE/NAME/CLUB</div> <div>SWIM</div> <div>BIKE</div> <div>RUN</div> <div>TOTAL</div> </div> <div> <div>1 Ian MacLean DC (fastest run) 45:11 0:49 2:16 3:50</div> <div>2 Erik Burke DC 44:30 0:53 2:29 4:07</div> <div>3 Mark McKee DC 43:39 0:53 2:32 4:08</div> <div>4 Mo Cheston DC 42:34 0:47 2:43 4:13</div> <div>(fastest bike 1st cruiser)</div> <div>5 Sean McFadden DC 39:39 0:50 2:44 4:13</div> <div>6 Brent Pohlmann SE 40:04 0:52 2:49 4:21</div> <div>7 Rebecca Tilley DC (1st woman) 43:37 1:00 3:06 4:50</div> <div>8 Mark Mullen DC 48:49 0:54 3:10 4:53</div> <div>9 John Pelka DC (virgin escapee) 40:58 0:59 3:14 4:53</div> <div>10 Anthony DuComb DC 59:05 0:55 3:01 4:55</div> <div>11 Paul Davies SE (virgin escapee) 40:50 0:56 3:20 4:57</div> <div>12 Conor Power DC (virgin escapee) 38:28 0:51 3:29 4:57</div> <div>13 Owen O'Connor SE 44:25 1:17 3:01 5:02</div> <div>14 Tom Linthicum SE 41:57 1:00 3:21 5:03</div> <div>15 John Mattox DC 47:16 0:59 3:18 5:04</div> <div>16 Elizabeth Bartron DC 47:47 1:00 3:19 5:07</div> <div>(youngest, virgin escapee 1st female cruiser)</div> <div>17 Cathy Huang DC (fastest swim) 34:34 1:00 3:38 5:13</div> <div>18 Naphtali Offen DC 59:20 1:03 3:14 5:15</div> <div>19 Laurel Condro SE 43:00 1:02 3:31 5:16</div> <div>20 Andy Field SE 46:18 1:09 3:24 5:19</div> <div>21 Sunny McKee DC 44:11 1:00 3:40 5:24</div> <div>22 Marlin Gilbert DC 56:45 1:13 3:19 5:28</div> <div>(virgin escapee)</div> <div>23 Mike Laramie SE 44:35 1:14 3:40 5:38</div> <div>(oldest competitor)</div> <div>24 Jim Moore DC (virgin escapee) 47:38 1:00 3:51 5:39</div> <div>25 Mike Webb DC 51:05 0:59 3:52 5:42</div> <div>26 Gina Rus DC 44:31 1:01 4:15 6:04</div> <div>27 Tracey McCormick SE 47:02 1:20 4:17 6:24</div> <div>28 James McCormick SE 48:30 1:19 4:17 6:24</div> <div>29 Jon Nakamura DC 38:29 1:04 4:42 6:24</div> <div>30 Suzie Dods DC 40:45 1:19 4:27 6:27</div> <div>31 Keith Nowell SE 59:09 1:12 4:23 6:34</div> <div>32 Hugh Kim DC 48:21 1:31 4:26 6:45</div> <div>33 Gary Ehram DC 65:16 1:08 4:46 6:59</div> <div>34 Robin Rome DC 57:11 1:33 4:48 7:18</div> <div>35 Peter Neubauer DC 50:58 1:28 NTR NTR</div> <div>36 Mary Sancimino DC 55:24 1:35 NTR NTR</div> <div>37 Pat Tomada SE 39:40 0:58 3:19 4:57</div> <div>38 Michael Lagios SE 49:37 1:18 NTR NTR</div> </div> </div>	<div> <div>RELAY TEAMS</div> <div> <div>1 DC Ken Coren 53:37 2:45 4:37</div> <div>Michael Coren 48:00</div> <div>2 SE John Welsh 35:20 0:58 3:24 4:57</div> <div>Patrick McBride</div> <div>Patricia Banks</div> <div>3 DC The Last Minute Relay Team 53:50 1:09 4:59</div> <div>Connie Wellen</div> <div>Peter Butler</div> <div>Gretchen Coffman (1/2)</div> <div>Barry Christian (1/2)</div> </div> </div>
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Elizabeth Barton and Robin Rome showing off more than their belt buckles after the 2005 Escape swim.





# The Aquatic Park Cave

BY LARRY SCROGGINS

It's a little known fact that Aquatic Park sports its very own underwater cave. In books like *Treasure Island* and *Twenty Thousand Leagues Under the Sea*, underwater caves exude mystery and danger. The notion of swimming in an air pocket trapped in an underwater cave evokes responses ranging from intrigue to terror. Nevertheless, this experience is available to any Dolphin with the necessary determination and timing.

One reason the Aquatic Park Cave is so poorly advertised is its phantom-like quality; it appears only occasionally each year. The cave exists for a few minutes during the apex of a tide measuring at least seven feet above the mean lower-low water height in the Bay. Even then, it can require storm-driven and river-swollen assistance to seal off the cave boundaries. Another reason the cave is hard to find is that few people are aware of the architectural subtlety of the capstone at the end of the breakwater off Hyde Street Pier.

In the 1980's, a string of used tires provided scant protection for the cove. Storm surge and wakes from passing ships rolled freely into Aquatic Park, making it a much wilder place to swim than it is today. With the construction of the concrete breakwater extending from Hyde Street Pier to Pier 41, our swimming hole experienced a major upgrade. It also introduced the ingredients for a water cave.

At the Hyde Street end of the breakwater is a structure with concrete piers radiating from a circular capstone.

When the current is flowing strongly in San Francisco Bay, this area is subject to incredibly forceful swirls of moving water. Owing to the water jet effect, this structure is commonly known as "the Jacuzzi." As it turns out, the capstone of the Jacuzzi is flat on top but has a pronounced recess underneath. When the highest tides bring sufficient water to seal off the outside of the capstone, 2 to 2 1/2 feet of air remain trapped in the underside nook.

In order to enter this space and breathe the trapped air, the swimmer must dive beneath the surrounding capstone and surface in the center chamber. The radiating cement piers create a bit of an obstacle course so the prudent aqua-spelunker will feel around under the capstone for an opening before diving. Since this part of the structure is rarely in contact with the ocean, it's completely free of barnacles, starfish or other abrasive critters. The concrete is still hard, though, so a more experienced and chastened diver will advise a hands-first-not-head-first approach.

A special event occurred with the full moon this summer on July 22. At midnight, the high tide was 7.1 feet creating a particularly thrilling caving opportunity. The next time the cave is scheduled to make its appearance is July 10 around midnight, but on October 9 at midday might be a bit more practical. Not quite as spooky or visually dramatic, it's still a rare occasion ripe for exploitation by the intrepid soul.





*Photo: John Perino*

DOLPHIN CLUB LI





FE MEMBERS 2006



# Dive! Dive! Dive!

FREE DIVING IN  
HONAUNAU BAY  
BY IAN MACLEAN



*Free diver Margaret Eyles meets a manta before heading back. Photo: Carlos Eyles*



**W**e descend the hillside in sunny, 80-degree weather and arrive at Honaunau Bay, just “two steps” away, as the locals describe its easy access. The water is clear, sea life abundant, snorkeling and diving wonderful. And in the middle of the cove a deep-water canyon challenges the experts. There is no beach but a relatively flat, black lava shelf with picnic tables and a few shade trees where you can stow your dive gear or warm up after a long swim, provided you have sandals or a towel to guard against the sun-heated surface.

Carlos Eyles, his wife Margaret, and I arrive with their two dogs and settle at a picnic table. Some Europeans are suiting up for a dive; having come from San Francisco Bay, I’m amazed at the amount of neoprene these people wear in 80-degree water. Margaret singles out one of them: “That’s Martin Stepanek.” He holds the record for a free dive of 180 meters, which means he must have held his breath for about five minutes while enduring crushing underwater pressure. While I’m wondering why anyone would attempt such a feat, Carlos explains that the technique of “breathing up”—relaxing the body, then taking a series of long, deep inhales before holding the breath at full capacity—has enabled divers to expand their underwater capabilities and, hence, the depth of their dives. This process of oxygenating the blood also helps them to stalk and hunt fish, take photographs, and swim with dolphins, mantas, and whales.

Carlos has been free diving since his youth. Margaret is now an accomplished diver, too, and an exercise freak. Their energy and love of the ocean swamps me with a desire to dive. They also don wet suits for their swim along the north edge of the Bay to the outer point. They plan to turn left across the mouth, and arrive at the southern edge where an amazing reef life awaits. I join them in my trunks. As we swim west, we can make out the abrupt drop-off to our left so that when we cross the mouth of the Bay, though the visibility must be 200 feet, we are unable to see the ocean floor. Our surroundings have become a simple, beautiful aqua blue. Before we reach the reef formations on the other side, Carlos is already ascending from a dive and Margaret is on her way down. It must be my turn, so I equalize the pressure in my ears by pinching my nose shut and forcing air into the inner ear. Failure to do this would result in unbearable pain and, on deeper dives, the technique needs to be employed several times. (I’m told that Stepanik, by some freak of nature, has the ability to do this hands free.)

**S**canning the coral formations below, I spy what looks like a tunnel. Before I can ask Carlos about it I see him descend, enter the opening, disappear, and emerge from the other side.

“How was it?” I ask.

“Why don’t you go and see for yourself?”

“Oh, shit,” I think, because this seemed like a deep dive, not to mention swimming through a tunnel. As a novice diver, my maximum depth was 30 to 35 feet, while holding my breath for 30 or 40 seconds. Nevertheless, I try my best

attempt at breathing up, and I go down. I enter the swim-through, kick hard, and easily emerge from the other side, twisting my body so as not to scrape my bare skin on the roof of the coral tunnel. My confidence stoked, I begin to notice the rich sea life around us. Out of the corner of my eye I spot a sea turtle whose shell is about the size of a trash can lid. I’m close enough to see his amber brown eye watching me, and in it I see a trust that I’m no threat.

On previous diving trips, when we were looking for dolphins, Margaret taught me that instead of swimming at the surface and scanning from a mask, I could dive down five or ten feet and begin to hear underwater sounds that are inaudible at the surface. Sure enough, when I tried it I could hear chirps and calls of spinner dolphins, although I had no idea exactly where they were. But when I popped to the surface I was able to spot the light gray dorsals moving quickly through the water.

**W**e were now at the southern edge of the Bay where the drop off to the aqua blue depths begins. In the middle of the cove I see the inner tube that marks the gathering spot for Stepanik and his deep-diving buddies. Perhaps inspired by the Euro-youngsters, Carlos descends to a depth that seems impressive, 50 to 60 feet, where there is a shelf, a smooth, sand-covered outcropping before the contours drop off markedly to the depths below.

He ascends calmly and beckons Margaret: “Hey, can you dive down to that shelf to see how deep it is?”

She looks at her watch that accurately displays dive depth, nods her head yes, and assumes the position—head down, arms calmly out, legs relaxed—and begins “breathing up.” She keeps it up for awhile, bends her upper torso, and down she goes to Carlos’s Shelf and past it, until all I can see are her fins, now tiny, going back and forth. I see her body level out, but she does not rush back up. For a moment it looks like she is belly down on the sandy sea floor.

She begins her ascent. Carlos dives down and meets her for the final third, the time during which shallow-water blackout can occur, i.e., an oxygen deficit is created on deep dives and, nearing the surface, blood is pulled from the brain. They reach the surface simultaneously and lustily pull in the air. They hug and begin talking.

Carlos swims over and asks. “Did you see that?”

“Yeah, I’m blown away. How deep?”

“Ninety-eight feet.”

I’ve seen Margaret’s grace in the water seeming to seduce dolphins, whales, and mantas into swimming with her, but now I see how truly exceptional a diver she is. Carlos later told me that there are probably only a handful of women who could free dive to that depth.

The experiences of the day left me with a new perspective on diving. As in most pursuits, there are many levels of challenge and expertise. The depths of the ocean are a boundless wilderness which only a few adventures will experience unfettered by breathing gear. With practice come the rewards of discovery.



# DOLPHIN LOG SWIM STATISTICS

## Swim Commissioner's Report

As you may have noticed, especially if you managed to absorb our President's erudite report in the last Log, predictions of tide levels and currents have been difficult. When planning to get whisked from the repair to the beach by a perceived flood tide clearly delineated on the board, some have found themselves cursing the tide charts at the goalposts as an ebbalanche of water pushes them west.

We started the NY Day Alcatraz on the early side as a precautionary measure to prevent swimmers from having their coffee and donuts on the Farallones due to the monstrous ebb experienced on the test swim. As a result, our heroes really got their money's worth as most had to swim the length of the breakwater westward on their way to the opening. The chop and wind were so severe that we ended up rescuing more kayak pilots than swimmers! Even more dramatic was the qualifier two weeks earlier where the entire swim was called off in medias race because of a dramatic electrical storm. Only those lightning fast swimmers who were already finishing their second lap completed the qualifier. Everyone else was trusted to rock the south channel of Alcatraz on NY Day.

There were some extra items not on the regular Winter menu to tempt your Polar Bear appetites. Several Dolphins answered the Fastest-to-40 challenge by leaping out of the gates and into the boreal brine. Rick Avery took top honors, completing his Polar Bear in twelve days (1/1)! He was followed closely by John Ottersberg (1/6), Jon Ennis (1/14), Suzie Dods (1/9 am) and the perennial all-star, Joe Illick, (1/9 pm) who then got a bit ill (probably from the ick) and had to stay out for two weeks. He and Rick tied as co-champs for the Polar Bear with 152 miles.

This rounded out the George Kebbe Phan Club. The runners up to this daring challenge are granted passage on the Polar Express, 'phins who got their Polar Bear in half the normal time. Those members are Ralph Wenzel (1/16), Sean McFadden (1/20), Naphtali Offen and Joe Omran (1/21), Laura Merkl (1/23), Tom Keller and Phil Scarborough (2/1), Rey Hassan (2/3) and Duke Dahlin (2/4), though the flyin' Hawaiiin probably has even more miles in the pool during that time! Special attention to the pollywogs who kicked this Polar Bear feat. These virgin sturgeons with that Polar Bear urgin' are Steve Pratt (1/19), Corey Ferrara (1/21), Wes Watson (1/23) and Bob Lowney (1/28).

Furthermore, the swim commission provided a diary of sorts to record mileage, courses and anecdotes under the moniker of the Gladly Glacial of Gelid January. This rewarded time in the water. Hal Offen was the most pedantic of the Gladly Glacial, filling out his journal with great porpoise (ouch!). Congrats to all on a very successful season.

—Tom Keller

## Alcatraz Swim

AUGUST 14, 2005

1. Todd Walsh	34.35
2. John Ottersberg	35.21
3. Alan Budenz	40.53
4. Pam Derks	41.33
5. Sean McFadden	42.16
6. Andreas Kohler	42.52
7. John Pelka	44.42
8. Adrian O'Callaghan	45.21
9. Rebecca Tilley	47.14
10. Michael McGaughy	47.35
11. Pat McGarvey	47.48
12. Conrad von Blankenberg	47.48
13. Margaret Keenan	48.58
14. Joe Omran	49.07
15. Ian MacLean	49.26
16. Rick Avery	50.12
17. Neal Powers	50.34
18. Krist Jake	52.58
19. Joe Illick	55.48
20. Bingo McKenzie	56.48
21. Andy Stone	58.08
22. Dean Badessa	61.01
23. Jackie Merovich	61.20
24. Ken Coren	61.45
25. Pete Neubauer	62.01
26. Piper Murakami	63.10
27. Greg Hicks	64.30
28. Steve Lathram	72.29
29. Rey Hassan	74.17
30. Debbie Rose	79.00
31. David Haskel	82.45
32. Will Powning	84.10
33. Roger Kleid	84.11

## Pilots

Judy Apfel, Ray Artigues, Marcus Auerbuch, Barbara Byrnes, Barry Christian, Rich Cooper, Joe Cowan, Bob Danielson, Paul Davies, Gary Ehrsam, Phil Fernandez, Patrick Fitzgerald, Jim Frew, Neal Hartnett, Don Harrison, Candace Kelly, Phil Kohlenberg, Andreas Kohler, Mickey Lavelle, Harry Louie, Mary Magocsy, Sean McFadden, Marla McGowan, Bob McKenzie, Jon Nakamura, Dan Osborne, Neal Snyderman, Connie Wellen, Martin Zeleznik

## Helpers

Laura Atkins, Rick Avery, Karen Jenkins, Sue Garfield, Phil Kohlenberg, Michael McGaughy, Ian MacLean, Pat McGarvey, Laura Merkl, Jim Moore, Lorna Newlin, Naftali Offen, Leslie Omran, John Ottersberg,

Dan Osborne, Mimi Osborne, Neal Powers, David Rich, Jamie Robinson, Phil Rollins, Andy Stone, Rebecca Tilley, Todd Walsh, Carol Watson

## Over 45 Gas House Cove

OCTOBER 1, 2005

1. Marla McGowan	19.53
2. Cathy Huang	20.04
3. Jon Nakamura	21.16
4. Laura Merkl	21.54
5. John Pelka	22.05
6. Mickey Lavelle	22.20
7. Dan Osborne	22.40
8. Suzie Dods	22.42
9. Andy Stone	23.10
10. Mark McKee	23.24
11. Neal Powers	23.27
12. Vince Huang	23.29
13. Joe Illick	23.48
14. Sunny McKee	23.52
15. Kate Coleman	24.00
16. Pete Neubauer	24.29
17. Bob Blum	24.31
18. Krist Jake	24.46
19. Dean Badessa	24.58
20. Joni Beemsterboer	25.17
21. Jim Moore	26.24
22. Jackie Merovich	26.29
23. Keith Howell	26.45
24. Ken Coren	26.46
25. Naphtali Offen	27.25
26. Anthony DuComb	28.28
27. Lorna Newlin	28.55
28. Vic Pizarro	29.07
29. Roger Klieid	29.25
30. Katie Maloney	29.30
31. Katie Cronin	30.25
32. Debbie Rose	31.23
33. Steve Spickard	32.29
34. John Theede	32.47

## Pilots

Judy Apfel, Ray Artigues, Marcus Auerbuch, Paul Brady, Rich Cooper, Ed deCossio, Renee De Cossio, Jon Ennis, Don Harrison, Tom Keller, Phil Kohlenberg, Pat McGarvey, Emily Roth, Keith Weaver

## Helpers

Susan Allen, Barry Christian, Ken Coren, John Davis, Sue Garfield, Margaret Keenan, Hyo Kim, Pat McGarvey, Mimi Osborne, Pavla Podolska, Neal Powers, Phil Rollins, Phil Sancimino



# DOLPHIN LOG SWIM STATISTICS

## Sexyginarian Twilight Cove

SEPTEMBER 9, 2005

### Course of the Commodore

1. John Davis 14:30
2. Charlie Korelic 15:40
3. Walt Schneebl 15:45
4. Bob McKenzie 15:50

### Modest Katamaran Course

1. Ann Tingley 14:30
2. Ray Artigues 18:30

### Extended Katamaran Course

1. Bob Danielson 16:45
2. Jack Bettencourt 17:15
3. Dan McGill 18:30
4. Noel Frelicot 18:35
5. Keith Weaver 21:30
6. Sarah McCuskey 23:40
7. Mimi Osborne 23:45

### Long-in-the-Tooth Course

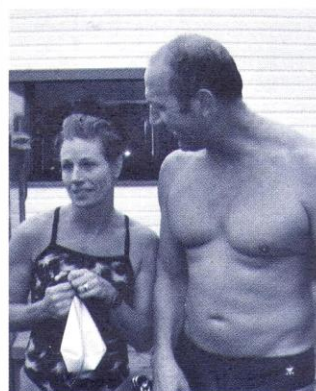
1. Joe Illick 21:05
1. Dan Osborne 21:05
3. Rich Cooper 23:50
4. Keith Howell 24:00
5. Ray Hassan 29:30
6. Sandy Lemkuhl 29:45

### Pilots

Suzanne Heim-Bowen, Colin Gift,  
Mike McGaughy

### Helpers

Ted Tilles, Rick Avery, Tom Keller,  
Suzanne Heim-Bowen, Mike  
McGaughy, Mimi Osborne,  
Dan Osborne, Suzie Dods, Robin  
Rome, John Ottersberg,  
Joe Omran



*New Dolphins and virgin Polar  
Bears Cory Ferrara and Steve  
Pratt. Photo: Nigel Killeen*



*On New Year's Day the seas were a bit rough. Photo: Colin Gift*

## Thanksgiving Day Swim

NOVEMBER 24, 2005

### First Course Mile

1. Joe Ferraro 12.00
2. Monica Towers 13.25
3. Emma Hukabee 14.30
4. Maggie Levine (guest) 17.10
5. Nancy Friedman 18.38
6. Jim Vanya 20.12
7. Ray Artigues 21.40
8. Peter Butler 21.50

### Second Course Mile

1. Erik Burke 20.30
2. Laura Atkins 21.14
3. Mark Mullen 22.13
4. Jackie Merovich 23.52
5. Tom Dugan 24.14
6. Noel Turner 24.36
7. Ken Coren 25.04
8. Piper Murakami 25.06
9. Marcia Grimm 25.33
10. Carol Watson 25.37
11. Jay Adams 26.00
12. Sue Garfield 29.25
13. Debbie Rose 29.33

### All You Can Eat Course (1 Mile)

1. Jon Ottersberg 26.13
2. David Rich 27.18
3. Jon Ennis 27.22
4. Cathy Huang 27.28
5. Phil Scarborough 29.12
6. Tom Wehlen 29.18
7. Rick David 31.00

8. Phil Rollins 31.40
9. Rebecca Tilly 32.55
10. Vince Huang 32.55
11. Mo Cheston 33.03
12. Dan Osborne 33.20
13. John Lennox 33.20
14. Tom Hoffman 33.20
15. Kate Coleman 33.53
16. Jennifer Lamers 33.53
17. Michael Coren 34.17
18. Gina Rus 34.39
19. Krist Jake 34.51
20. Susie Dods 35.53
21. Rick Avery 36.03
22. Rose Levine (UK guest) 37.40
23. Joe Illick 37.48
24. Mike McGaury 38.08
25. Andy Stone 38.20
26. Marti Campbell 40.33
27. Susan Cobb 41.20
28. Robin Rome 41.50
29. Naphthali Offen 42.30
30. Rob Robinson 44.44
31. Steve Lathram 45.06
32. Anthony DuComb 45.27
33. Peter Pavez 46.00
34. Nigel Kileen 48.05
35. Mary Cantini 50.40
36. David Haskell 51.47
37. Will Powning 61.20

### Pilots

Susan Allen, Don Harrison

### Helpers

Rick Avery, Sue Garfield, Tristan  
Kileen and his Mom, Tom Keller,  
Laura Merkl, Mimi Osborne,  
Phil Rollins

## New Year's Day Alcatraz

DOLPHIN & SOUTH END  
SEPTEMBER 9, 2005

1. Tim Harvey SE 34.50
2. Becky Fenson DC 35.17
3. John Ottersberg DC 37.58
4. Jeff Gunderson SE 38.33
5. Scott Haskins DC 39.03
6. Bruckner Chase DC 39.09
7. Alex Johnston SE 39.19
8. John Walker SE 39.26
9. Laura Zovickian DC 40.09
10. Jon Paul SE 40.26
11. Joel Schwartz SE 40.49
12. Tom Pier SE 41.38
13. Tom Bishop DC 42.49
14. Tim Reid SE 45.01
15. Amber Rhett DC 45.15
16. Rick Barthels SE 45.42
17. Sean McFadden DC 46.00
18. John Hathaway SE 46.15
19. Nancy McIlvaine SE 46.24
20. Andreas Kohler DC 47.56
21. Jon Nakamura DC 48.16
22. John Racanelli DC 48.41
23. Michael Tschantz DC 49.49
24. Laura Woodhead S 52.41
25. Tim Harwood DC 53.19
26. Nancy Cutler DC 54.26
27. John Pelka DC 54.29
28. Suzie Dods DC 54.39
29. Mike Johnson SE 54.40



# DOLPHIN LOG SWIM STATISTICS



High tide on New Year's Day. Photo: Bruckner Chase

30. Ted Tilles DC	54.56	73. Robin Rome DC	67.56
31. George Rehmet SE	55.11	74. Rey Hassan DC	68.15
32. Adrian O'Callaghan DC	55.16	Bill Mammon SE	DNF
33. Owen O'Connor SE	55.26	Joe Mannion DC	DNF
34. Jim Baron DC	55.30	Ali Hall SE	DNF
35. Les DeWitt DC	55.35	Andy Field SE	DNF
36. Gina Rus DC	55.46	Phil Taylor SE	DNF
37. Rick Avery DC	55.51	Andrew Vanbourg SE	DNF
38. Jim Labrenz SE	56.22	Dennis Mowbray SE	DNF
39. Tom Linthicum SE	56.38		
40. Chris Blakeslee SE	57.21		
41. Mike Mitchell DC	57.33		
42. Phil Scarborough DC	57.39		
43. Craig Strong SE	57.49		
44. Mo Cheston DC	57.55		
45. Neal Powers DC	58.05		
46. Greg Warnshuis SE	58.48		
47. Mark Welte SE	59.03		
48. Dianna Shuster SE	59.09		
49. Mike O'Connel SE	59.56		
50. David Deasy SE	60.16		
51. Andy Stone DC	60.50		
52. Elizabeth Bartron DC	60.51		
53. Bruce Armbruster SE	61.11		
54. Kevin O'Keefe SE	61.15		
55. Jerry Lowden SE	61.18		
56. Chris Trotta SE	61.49		
57. Joe Bracco SE	62.15		
58. Laurel Condro SE	62.20		
59. Jane Koegel SE	62.24		
60. Nigel Killen DC	62.25		
61. Jamie Robinson DC	63.03		
62. Dean Badessa DC	63.46		
63. Dave Williams SE	64.18		
64. Mike Lagios SE	65.16		
65. Naphtali Offen DC	66.14		
66. Gary Aguiar SE	66.28		
67. Vic Pizarro DC	66.30		
68. Keith Nowell SE	67.02		
69. Anthony DuComb DC	67.21		
70. Bill Wygant SE	67.26		
71. Pete Neubauer DC	67.45		
72. Julia Bavely SE	67.52		



New Year's Day  
Photo: Philip Reiff

## Pilots

Ray Artigues, Marcus Auerbuch, Peter Bianucci, John Blackman, Joe Boone, David Broadbear, Joe Butler, Jason Carls, Barry Christian, Rich Cooper, Michael Coren, Diana Craig, Pat Cunneen, Jacob Cutler, Bob Danielson, Nick Demay, Wendy Doherty, Gary Emich, Ken Frantz, Jim Frew, Jessica Gammell, Gift, Joan Rey Hassan, Brian Herrick, Kimberly Howard, Margaret Keenan, Tom Keller, Neala Kendall, Phil Kohlenberg, Mickey Lavelle, Jonathan Maier, Bill McDonald, Dan McLaughlin, Jon Meyer, Russel Miller, Dan Needham, Paul Nordquist, Linda Nowell, Pedro Ordenes, Kim Pross, Jerry Purmal, John Robcolm, Emily Roth, Eric Sharhelford, Andy Stock, Nick Strelchuk, Omer Thompson, Monica Towers, Bob Weil, Connie Wellen, David Zovickian

## Cooks

Mary Alex-Needham, Kathy Bailey, Marc Brandt, Joe Butler, Jason Carls, Elizabeth Glass, Allison Kalhammer, Kim Hooper, Kim Howard, Robin Kincaid, Michelle Knight, Jon Meyer, Dan Needham, Jon Paul, Dianna Shuster

## Volunteers

Brenda Austin, Kathy Bailey, Kristine Buckley, Diana Coffa, Ken Corben, Trudy DiLorenzo, Kathie Hewko, Todd Jordan, Michelle Knight, Jim Knight, Norm Peterson, Peter Ross, Ann Somerville, Zach, Stewart, Rick Wheatley

## Handicap Cove

FEBRUARY 11, 2006

1. Era Osibi .5 mile	21:04
2. Ken Coren .75 mile	26:37
3. Carol Watson .75 mile	27:20
4. Steve Lathram .75 mile	27:52
5. Darcy Wetterston .75 mile	29:30
6. Rick David 1 mile	27:29
7. Alex McJunkin 1 mile	30:40
8. Jim Frew 1 mile	36:26
9. Suzie Dods 1.25 miles	33:29
10. Robin Rome 1.25 miles	44:41
11. Rick Avery 1.5 miles	47:56
12. Vic Pizarro 1.5 miles	53:44
13. Hal Offen 1.5 miles	56:58
14. John Ottersberg 2 miles	50:40
14. Amber Rett 2 miles	50:40
14. Bruckner Chase 2 miles	50:40
15. Tim Harwood 2 miles	56:04

(Disqualified: Tom Keller. While attempting to do an undisclosed distance, it was determined that his corpulent pelvis and 3 donuts eaten before the swim were deemed unfair buoyancy and thus, swim aids. Asked whether or not he knew donuts constituted swim aids, Keller's eyes glazed over and commented that such an old fashioned ruling is full of holes.)

## Pilot

Don Harrison

## Helpers

Alex McJunkin, Dean Badessa, Suzie Dods, Jim Frew, Rick Avery, Java Sue, Darcy Wetterston, Vic Pizarro, Katie Cronin, Tom Keller, Carol Watson, Joe Omran, John Ottersberg

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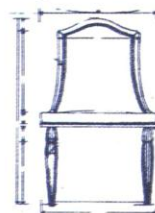
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Stepping into our 1895 clubhouse brings you in touch with our 19th century roots. Walk past the Zahler Boathouse filled with a hundred years of hand crafted wooden boats and you are bathed in the gaslight glow captured in the varnished cedar. While years have past and generations of Dolphins are long gone, strong tradition enriches the present. What is this Dolphin Tradition?

If one of those fellows with the handlebar moustaches emerged from the photo in the Sancimino Room, would he recognize what it is to be a Dolphin today?

For starters, he would cross over to the Staib Room and the boathouse below to be in the building he knew at the end of the 19th century. No doubt he would enjoy the views, but disorientation might set in as our building has been moved eastward along the beach a number of times. He would like that we are now set lower, closer to the water. I think he'd feel quite at home in the cozy, beautiful wooden mansion he left for us.

Certainly the Bay waters would feel familiar when he took his swim, although the "new" 1980s breakwater, and the Muni Pier might throw him off, he won't miss having to swim under the train trestle which no longer spans the near shore.

His row around Alcatraz would cause him to wonder why the prison guards weren't warning him off, and he'd wonder what that large orange thing was spanning the Golden Gate, but he'd be rowing one of the same boats he used to row, with the same wooden oars.

After our mustachioed friend warmed in the sauna, not missing the roll in the sand he once took to absorb the warmth of a beach fire, he'd sink into a blue chair beside Lou regaling each other with stories, lit by a setting sun and a stiff drink.

Our friend might ask after the numerous rowing clubs once resident along our shoreline, and the highly competitive rowing races which regularly drew huge crowds and heavy betting. But he would feel at home in his wooden double on a Sacramento row, something that has been happening since one of our present day member's grandfather began this summertime adventure.

## PRESIDENT'S REPORT

# GENERATION OF DOLPHIN TRADITION

BY KEN COREN

Our Dolphin of old would marvel at our mighty women's *Wieland* crew, never having imagined women members, let alone well trained, powerful rowers. He would also be thrilled to see his old rowing barge, the flagship of the Dolphin fleet of his day as well as ours, all shined up and looking new. This club is one of the few places left in this world where you can row boats that you and your predecessors have built and maintained, on site, by hand.

The Dolphin heritage and traditions are not tied to individuals or events, but to the weight and depth of the past. We no longer

gather to Hike and Dip down to Ocean Beach, and we no longer feast on Herb Madden's beans and Cecco's rosemary chicken after the Santa Cruz "Roughwater" swim, but we do love our barbeques after our Friday evening swims. We no longer put on starched collars for initiation banquets, but each year we do feast after the gang from Swan's spends the morning cracking crab, draining bottles and pelting gulls at the end of the dock. Each Tuesday evening we cook and feast after Boat Night labors are done, and we welcome each month with our First Friday dinners which harken back to the "wine tastings" of Cecco, Herman, and Hlynsky. It is one thing to eat well, but it is a heartwarming tradition to cook for and feed each other. After all, you can work with just about anyone, but you eat with your friends.

Our friend would quickly come to know and enjoy his fellow Dolphins. Each of us saves a special part of ourselves for the honors, labors, and joys of being a Dolphin—that is, to be unique. It is from this that our traditions spring. They do change in their particulars through the passage of time, and they continue to be handed down through the generations that have made this little club on San Francisco Bay home. Much as human beings have an innate ability to generate and comprehend language, although each particular language is distinct, we Dolphins continue to generate new traditions from the part of us that is incomparably at home with the wild blue waters of our Bay. That what makes us stewards of a unique part of our enduring history is the Dolphin Tradition.



The Dolphin Club at the foot of Van Ness Avenue. Photo: National Maritime Museum, SF





The Dolphin Swimming  
& Boating Club  
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## DOLPHIN CLUB SWIM SCHEDULE 2006

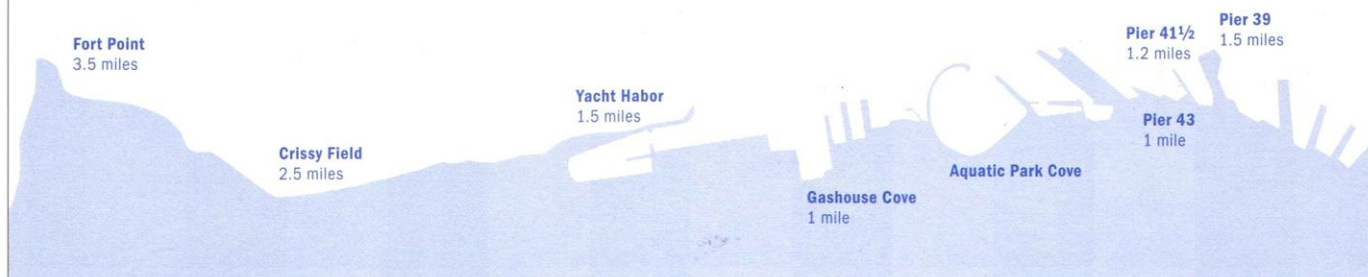
Jan 1	Sat, TBA	New Year's Day Alcatraz and Cove Swim
Jan 28	Sat, 7:30 am	Mid-Winter Gashouse Cove
Feb 11	Sat, 9:00 am	Handicap Cove
Feb 26	Sun, 7:30 am	W.O.W. (Wave Organ Winterfest)
Mar 4	Sat, TBA	Gar Woods Tahoe Swim
Mar 19	Sun, 8:30 am	Breakwater 'n Brunch End of Polar Bear
Mar 21	Tues	Polar Bear Swim Ends
April 2	Sun, 7:00 am	Pier 39
May 20	Sat, 9:30 am	Pier 41
June 1	Wed	100-mile Swim Begins
June 3	Sat, 9:00 am	Dick Beeler Crazy Cove
June 24	Sat, 9:00 am	Yacht Harbor
July 9	Sun, 8:15 am	Crissy Field
July 16	Sun, 7:30 am	Bay Bridge
July 22	Sat, TBA	Tahoe Relay
July 29	Sat, TBA	Santa Cruz One Mile
Aug 6	Sun, 7:30 am	Fort Point
Aug 13	Sun, 9:00 am	Over 60 Brunch n' Cove
Sept 2	Sat, 9:30 am	Joe Bruno Golden Gate
Sept 16	Sat, 5:45 pm	Over 45 Gashouse Cove
Sept 24	Sun, 7:15 am	Alcatraz
Oct 14	Sat, 8:00 am	Escape from Alcatraz Triathlon
Oct 21	Sat, 8:30 am	Dolphin/South End Triathlon
Oct 31	Tues	100-Mile Swim Ends
Nov 11	Sat, 6:00 pm	Pilot Appreciation Dinner
Nov 23	Thur, 8:00 am	Thanksgiving Day Cove
Dec 17	Sun, 9:30 am	New Year's Day Qualifier
Dec 17	Sun, 11:00 am	Christmas Brunch Party
Dec 21	Thur	Polar Bear Swim Starts

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commissioner.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.  
*Additional qualifications for Alcatraz and Golden Gate Swims*
10. In-town members must successfully complete two "qualifying" swims and one other scheduled swim and pilot or help on at least two others. (See bulletin board for details and updates.)
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. In swims that are qualifiers, nonqualified members will be given priority over swimmers who have already qualified for the Alcatraz/ Golden Gate.

### ROWING TRAINING (all fall on Saturday)

January 21, February 18, March 18, April 15, May 20, June 17, July 15,  
August 19, September 16, October 21, November 18, December 16





SUMMER 2006

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

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## Published By

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& Boating Club  
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Don Harrison, *House Captain*  
Lou Marcelli, *Commodore*

## Cover Photo

Diamond Dolphin Paul Sylvester,  
1913-2006. *Photo: John Perino*

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## Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

## Building Fund Passes \$50,000 Threshold

The Dolphin Club Building Fund, a 501(c)(3) non-profit, tax exempt fund, was notified in June that the account has reached \$58,041.97. On behalf of the entire Dolphin Club, the Building Fund Committee wishes to express appreciation to the many Dolphins who so generously have given over the past few years. The vitality of the Fund strengthens the economic foundation of the Club and ensures the future of our beloved facility.

The Building Fund's mission is to develop and maintain an additional source of capital for replacement and construction of the Club's physical plant. Funds may not be used for any of the normal day-to-day expenses of the Club, and expenditures must be approved by the Board of Governors and the President as being in the best long term interest of the Club.

In 1998 through 2001 the Club reconfigured its locker rooms, building and renovating the new Ladies' locker room, and installed a new sauna and showers in the Men's locker room. Through the magnanimous



*Avon specialist Paul Brady takes on an "exhausted swimmer" during pilot training. Photo: Susan Lauritzen*

support on hundreds of members, \$135,000 was raised and distributed by the Building Fund to complete the project; by the end of 2001, the Fund was essentially empty. The Building Fund Committee, which consists of Meg Reilly, Sunny and Mark McKee, and Anthony DuComb, elected to rebuild the Fund for the next, inevitable, construction need. Under Sunny's leadership, an annual year-end mailing has been sent out to members from 2002 through 2005. Dolphins responded with check and stock transfers amounting to the \$58,000.

While the physical plant of the Club remains solid, looming on the near term horizon are major capital projects like the pier and roof replacement. A portion

of the members' dues are saved up each year in anticipation of capital projects such as these. However, the power of the Board to raise dues may well be dependent upon the capability of the Fund to contribute to the pier replacement. Thus, towards the end of the year you will be asked again to open your wallets and contribute to the betterment of the Dolphin Club and its future at the foot of Hyde.

*For more information:*

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[awducomb@sbcglobal.net](mailto:awducomb@sbcglobal.net)

*Meg Reilly*  
415.262.8272  
[megreillyusa@hotmail.com](mailto:megreillyusa@hotmail.com)



Early evening on July 12, a young sea lion came ashore at Aquatic Park by the bleachers. He was very friendly and came up the beach to several people who were happy to greet him. The SFPD drove by and moved their patrol car between the sea lion and the gathering crowd to avoid any accident. The sea lion promptly climbed atop the car's warm hood, where it stayed for the next hour until staff from the Marine Mammal Center arrived. They thought it was the same sea lion that they had released earlier in the day. Photo: Kurt Veeck



## Pilot Training

After the June 3 Crazy Cove swim, a pilot training was hosted for all those interested in learning more about swimming safely outside the cove and the nature of bay traffic. There has been great attendance in both swimming and piloting this year and we are doing our best to make those experiences safe and enjoyable.

Training subjects covered were Principles of piloting (*Don Harrison*), the Role of the kayak (*Colin Gift*), Communication between swimmer and pilot (*Jim Frew*), Radio protocol, Pilot briefing, the Planning of out-of-cove swims (*Tom Keller*), and Hypothermia and other health issues (*Mary Magocsy*) and Club rules regarding piloting (*Ken Coren*).

—Tom Keller



Dolphin Youth Swim Fund in action.

## Dolphin Youth Swim Fund Celebrates 10 Years of Giving to Kids

The Dolphin Youth Swim Program Fund was founded originally by Joe Cowan in January 1996. He presented the idea for the fund to our Board of Governors, who approved of the project. The fund is designed to receive donations from Dolphin Club members which are then granted to organizations that offers swimming lessons for under-privileged youth in San Francisco. The fund is set up officially as a part of the San Francisco Foundation, which handles the funds for us. This non-profit charitable organization provides a way for smaller charitable funds such as ours to have all contributions be tax deductible.

In 1996 and 1997, the Dolphin Swim Fund provided grants directly to the Friends of Rec and Park, who used it to purchase "Learn to Swim" tickets that were made available to children who could not afford to pay for lessons.

In 1998, we provided special funding to pay for transportation costs for girls taking swim lessons at the Embarcadero YMCA.

In 1997 and 1999, we also provided funding for a special youth swim team at the Garfield Municipal Pool in San Francisco, called the Garfield Dolphins. The funds were used to purchase equipment and pay for USA Swimming memberships for children which lets them participate in competitive events. In 1999 the funds went to Columbia Park Boys and Girls Club—Tenderloin Unit to pay for swim lessons for the neighborhood youth.

In 2002, the fund began making annual grants to the San Francisco Boys & Girls Clubs swim program at their Ernest Ingold Swim Center. In 2004, the fund also began making annual grants to the Shi-Yu Lang Central YMCA in the Tenderloin, which provides swim lessons to Tenderloin youth.

The fund was chaired by Joe Cowan until 2002 and then taken over by John Theede, a past president of the club. Over the past ten years, we have raised over \$36,000 from hundreds of contributions, including \$6,000 during the most recent summer fund drive. Mineko Gallic's recent contribution included a note: "My husband lived to 94 and swam until his hip bone gave up. I survived two open heart surgeries in nine hours. It's all because of the daily swim we enjoyed together for 25 years."

*I hope this little contribution can make someone as happy as we have been."*

We have been able to assist a generation of youth to learn how to swim that would ordinarily not have this opportunity. Please help us continue to make this happen with your generous contributions. Any amount is accepted, from small donations to large (make check out to the Dolphin Youth Swim Program Fund). Contributions can be mailed to the Fund at the Dolphin Club address, or dropped off in the Swim Fund mailbox in the Staib Room.

—John Theede  
Swim Fund Chairperson

## Annual Membership Meeting

The annual membership meeting of the Dolphin Swimming & Boating Club will begin at 6:30 p.m. on September 20, 2006 at 502 Jefferson Street, San Francisco, in the Staib Room. The Board will review the business of the past year and proposed activities for the next year. Members are welcome to attend and participate per Article III of the By Laws.



**B**ill Powning and Lou Marcelli were sitting around the Staib Room one chilly January day thirty-three years ago, bemoaning the dearth of coldwater swimmers. "How do we get these fair-weather folks down in winter," asked Lou. One of them came up with a modest incentive and the Polar Bear was born. She was just a kid at first. Seventeen miles was all it took. That quickly rose to 21, then 30, then 40 where, despite pressure from certain macho quarters, the bear matured and the figure has, thankfully, for the time being, stuck.

Rivalries began right from day one with Lou and Bill setting the pace that first year, but it wasn't long before swimming the requisite miles became incidental. The goal was to swim the most miles. Rivalry to become the Top Bear usually emerges sometime around late January when people begin to notice their places in the pecking order and a select few see that they are in with a chance. In 1994, that's what happened to Laura Merkl. The only other swimmer anywhere close was George Keebe, and this was in the days when SuperGeorge was thought to be just a mere mortal.

Apart from having perhaps the two most distinctive swimming styles in the club, the two were fairly well matched for speed too, and during swims the previous summer they usually finished close, the winner changing, depending on who had the best line. And Laura's resolve was likely tightened when George, coming from a different angle at the end of the earlier Golden Gate Swim, went careening over the top of her. Still, during the winter they swam at different times and never saw each other. And because of Laura's work schedule she could only swim once a day. But no woman had ever won the event so, encouraged by the coterie in the women's sauna, those single swims grew to be two-and-a-half hours long. Meanwhile George's produce store partner was grumbling about the time spent away from the business and warned him to get his priorities straight. Laura emerged victorious with 174 miles.

Six years later she found herself battling it out with Scott Haskins. Again she began to up the distance—but so did Scott, who had already decided that this was to be his year. When they finally ran into each other three days before the end and looked out from the beach at the prospect of a 72-hour swim, they shook hands instead. Both had set their

personal goals at 150 miles, so they agreed to stop there and call it a tie. "I have to say," says Scott, "that I was sorely tempted on the last day and, if it had been a guy..."

A tie was this year's result, too. Joe Illick has long been famous for his double dips. They tend to leave the competition looking on, glassy-eyed in the sauna as, every morning, he would put on a damp suit and set out for his second dose. His attempts to persuade his fellow morning swimmers that it isn't as hard as it sounds fell on warm, deaf ears, but Rick Avery ventured out, and took to it like a polar bear to water. That was last year. This year, along with fellow swim commissioners Tom Keller and Ted Tilles, he helped devise

a new mini-contest—First to 40—and determined to win it. It took him eleven days. And it put him far in front of everyone else.

But every wintry day, Joe swims a remorseless two miles, and by the end of January he was ahead. After a month of taking it easy, Rick was back to those second swims. "I told Joe, 'If I catch up with you let's call it a tie.'" The operative word here was "if." "Joe wasn't about to let down his guard," says Rick. Because they swam together, it was difficult for one to get a jump, but as Rick started falling behind again, he realized that his rival was slipping back in the afternoon for a third plunge. Rick needed to gird his loins and only right at the end did he draw even. "It's thanks to Joe, though," says Rick. "He got me double dipping." Or, as Joe modestly puts it, "I taught him all he knows."

In 1999, Larry Scroggins was working downtown and swimming a mile and a

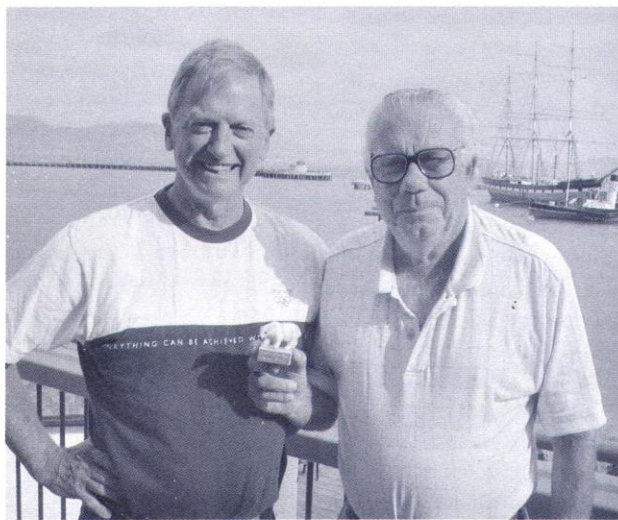
quarter every day. "In those days the extra quarter mounted up, especially during that exceptionally cold winter. By mid-January he found he was ten miles in the lead and, at least he thought, could break 100 miles and become what Rick Livingston calls a "Golden Bear." It was after the first swimmer, Elmer Tosta, broke 100 miles that the club inaugurated the Polar Bear Plaque. So Larry stepped it up: two miles in the morning and another in the afternoon. Then, with George Keebe under the weather, he thought he had a chance at the main prize. "After all," he says, "for the average swimmer, it's hard to get your name on something around here—if you're alive."

Suddenly, out of nowhere, Heather Royer's miles appeared conspicuously on the chart. She was training for the channel

THE PLACID WATERS OF THE COVE  
ARE DEEPER THAN THEY SEEM

# DUELING BEARS

BY KEITH HOWELL



*Joe Illick and Lou Marcelli, the most recent and the first Polar Bear winners. Lou holds the original trophy circa 1973.*



that year and putting in a lot of swimming, much of it in pools. But as the water started to get a bit warmer she was back in the Bay. "I'd have a comfortable lead on Fridays," says Larry, "but then on Monday morning it was neck and neck. Heather's a much faster swimmer than me so I took to living down at the club. At least that's how it seemed to Lindsey." All he did was eat, sleep, and swim while his wife sat around the Staib room.

Finally, with only a few days left, he came in one morning and saw a note to him, pasted on the charts. "I'm not really competing with you. I just know I appreciate something much more when I have to stretch," Heather wrote.

Larry stretched.

That same year, a bit father down the charts, John Theede was telling a sauna crowd that he was going to best Anthony DuComb. Anthony learned about the challenge a few days later and the slow-moving race was on. Once again, normal life was put on hold. But Anthony was determined, and for the first and only time he beat John.

**T**he rivalry that has been going on the longest is the one between Phil Rollins and Vince Huang. It began about 20 years ago when, one season, they overlapped as swim commissioners. A brief ceremony in the sauna in front of witnesses sealed the deal. There were no rules initially, except that the miles had to be marked on the chart.

Phil, "the Hare," would try to create a demoralizing lead by putting in as many miles as he could over the Holidays while Vince, "the Tortoise," was away skiing.

But they began to devise a more Machiavellian methods, too. They held their miles back and put them in up in huge chunks, or they would put their miles at the opposite end of the row or start a second row under a different name (Phil spelled his name backwards). Then with only a day or two to go, while they were comparing notes they would triumphantly point out their extra miles. They soon learned, as Phil says, "If miles aren't going up something is going on."

At their peak they were running up miles in the high eighties. One year, Phil remembers, he thought he had a good advantage as his office was in Fisherman's Wharf, making it easy to run down and slip in an extra mile or two during the day. But one lunchtime, with Vince ten miles ahead, Phil was about to start his second swim of

the day when he found Vince in the sauna recuperating from his third. When Vince grabbed a dry suit and followed his rival into the water, Phil threw in the towel before he got wet. Vince meanwhile went in for the fourth time and swam a victory lap.

And then there was the year when Phil tried to influence Vince's wife Cathy—pointing out all the time the new father spent swimming, instead of being at home with the family. It didn't work. Such was their determination, that Phil once limped into the water dragging a plaster cast. And Phil still sometimes blames Vince—or his own cussedness—for his shoulder problems.

They each had their followers. The six o'clockers championed Vince, while Phil swam with the 7 a.m. contingent, each group trying to dis the other.

The prize for all this sweat and subterfuge is a dinner. The winner chooses the locale, the loser pays. Spouses are invited. Phil sorely remember a long meal at Sushi Ran in Sausalito when Vince went through most of the menu, page after page, and a disconsolate Phil picked up the \$400 plus tab. That's about \$80 for every unswum mile—though, of course you can't look at it like that.

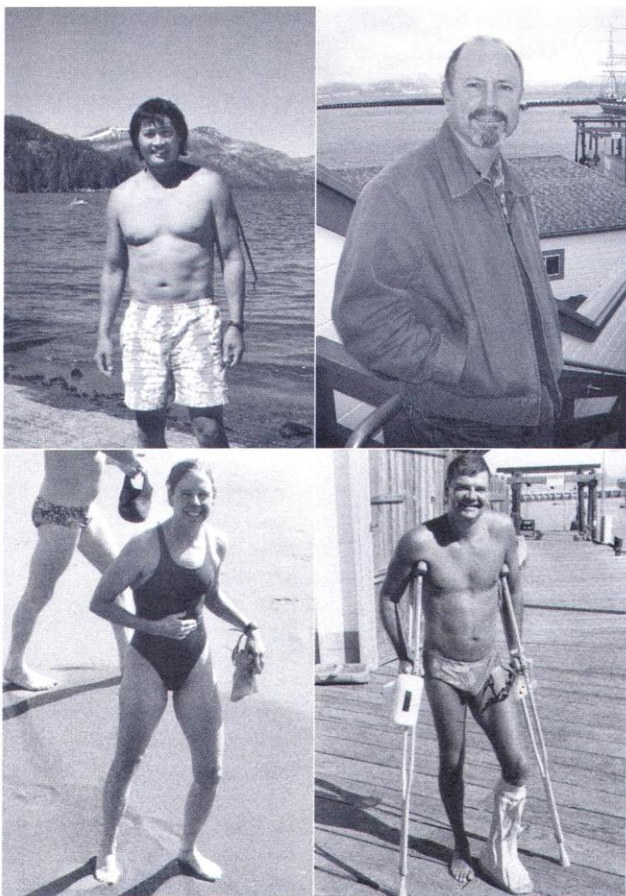
But the rivalry that will go down as part of the club's folklore was in 1987 between, in the black trunks, the aforementioned George "Windmill" Keebe and in the other black trunks, El Presidente Stan Hylansky.

It all began after Stan, who was first to 40, overheard George scoffing at the idea that Stan could keep it up. Stan stepped out from

behind a row of lockers. "I'm not going anywhere," he says. "I'm younger and faster," George retorts. "I'm older and stronger," Stan responds, more of a rower and weightlifter than a swimmer.

To make up for his slower pace, Stan the Turtle swam out in the cove with the tide but kept to the beach against it. Still it meant putting in long hours in the water. "I ate five meals a day," says Stan. "And was a zombie the rest of the time...in outer space." His then girlfriend, Suzanne Heim, who had urged him on initially, now never saw him and began to wonder if he was having an affair. And at night he was dehydrated and couldn't sleep.

When Stan would stagger out of the water, all he could think about was making it to the foot bath. One day, the



(Top) Perennial Polar Bear rivals, Vince Huang and Phil Rollins.  
(Bottom) Laura Merkl (1994) and Larry Scroggins (1999).



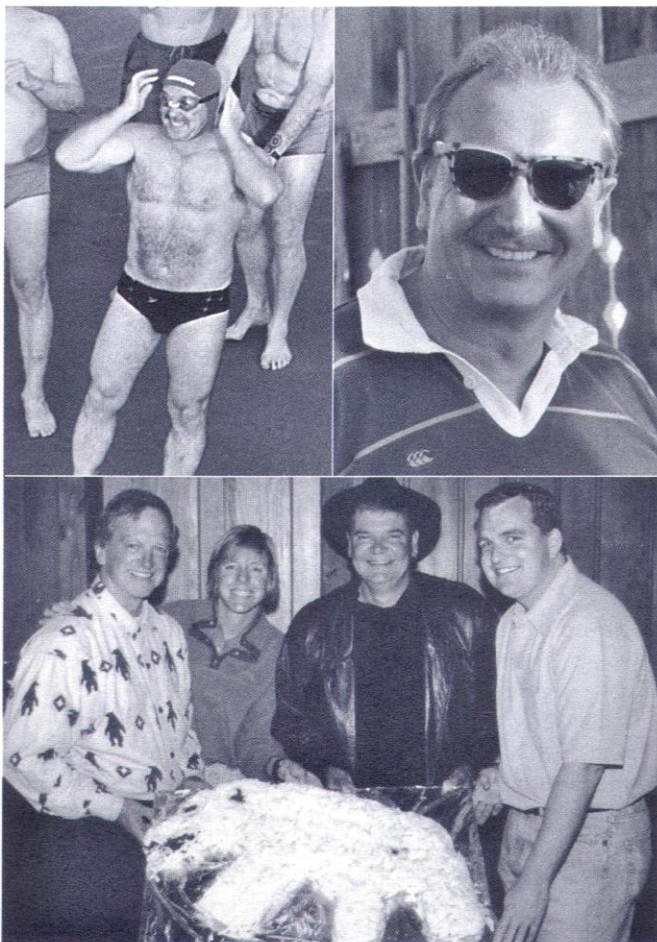
water was frozen over and he didn't even notice. Then he had to focus on crossing to the stairs and, after getting his breath, crawling up them. "That was the worst," he says. After four hours in the water one morning, Stan was afraid he wouldn't make it back to the beach. As he sat recovering in the sauna, he remembers George saying, "That crazy bastard's going to kill himself, but he's not going to kill me."

Still it could get tense, such as the time Stan locked an exhausted George out of the building after a swim. And both of them complain that they came in to find their lockers shut fast with crazy glue.

Every afternoon the pinochle crowd would carefully count off the miles. Stan felt he had it in the bag when Lou Marcelli came to him and says, "George's stroke is down to 63. He's had it."

Still George the Hare always felt he could make up the deficit in the last few days. That is until one morning he came to the club to find Stan had put on six miles overnight! With a little help from pilot Jon Bielinski, he had taken a tide ride from bridge to bridge.

It would be a few years later that George put the ultimate Polar Bear mileage out of reach of everyone—356 miles, lest we forget. But there will always be opportunity for a little personal rivalry.



(Top) A classic rivalry: George Keebe and Stan Hylansky. (Bottom) Polar Bear winners Joe Illick, Laura Merkl, Larry Scroggins, and Scott Haskins.

## 2005-06 Polar Bear

DECEMBER 21 TO MARCH 21

Wow! 94 Polar Bears—not too shabby. And, 14 virgins! Where's the volcano for a sacrifice?! (PE) denotes a ticket on the Polar Express, those swimmers who got to 40 miles in first 45 days of Winter. Congrats to all on a hugely successful season!

NAME	MILES		
Joe Illick (PE, 5th)	152	Joe Mannion	45.75
<i>Polar Bear Co- Champ</i>		Mary Alex Needham	45.25
Rick Avery (PE, 1st)	152	Jim Frew	45
<i>Polar Bear Co- Champ</i>		Adrian O'Callaghan	44
Jon Ennis (PE, 3rd)	129	Jay Adams (Virgin)	44
Laura Merkl (PE)	105.5	Keith Howell	44
Naphtali Offen (PE)	101	Nancy Hayes	43.75
<i>Gladly Glacial of Gelid Jan. Award</i>		Don Campbell	43.5
Wes Watson (PE, Virgin)	100	Dan Osborne	43
Joe Omran (PE)	94	Rocky Muzzin	43
Sean McFadden (PE)	80.5	Bill Hadley	42
Steve Pratt (PE, Virgin)	80	John Mattox	42
Suzie Dods (PE, 4th)	79.75	John Theede	42
John Ottersberg (PE, 2nd)	70	Lee Hammack	42
Ralph Wenzel (PE)	70	Noel Turner	42
Cory Ferrara (PE, Virgin)	69.25	Piper Murakami (Virgin)	42
Scott Haskins	68.5	Jon Nakamura	41.5
David Rich	68	Susan Cobb	41.5
Duke Dahlin (PE)	68	Carol Watson	41.25
Hugh Kim	67.5	Gary Ehram (Virgin)	41.25
Bob Lowney (PE, Virgin)	65	Laura Burtch	41.25
Vic Pazarro	63	Milan Ordenhoal	41.25
Phil Scarborough	61	Steve Worthington	41.25
Vincent Huang	61	Amber Rhett (Virgin)	41
<i>28th Consecutive Polar Bear</i>		Brian Herrick	41
Nancy Cutler (Virgin)	60.5	Mimi Osborne	41
Mick Lavelle	60.25	Peter Neubauer	41
Neal Powers	60	Phil Kohlenberg	41
Alex McJunkin (Virgin)	58.5	Jackie Merovich	40.75
Nigel Killeen	58.5	Thomas Wehlen	40.75
Les DeWitt (Virgin)	56.25	Barbara Keller	40.5
Krist Jake	55.5	Larry Scroggins	40.5
Andy Stone	52	Mike Dixon	40.5
Jim Barron	52	Anthony DuComb	40.25
Mark Mullen	52	Darcy Wettersten	40.25
Tom Keller (PE)	52	Greg Simon	40.25
John Pelka	51.5	Phil Rollins	40.25
Rey Hassan (PE)	51	Tim Harwood (Virgin)	40.25
Rick David (Virgin)	51	Becky Fenson	40
Marti Campell (Virgin)	50.5	Jerry Cullen	40
Tom Hoffman	50	John Dugan	40
Erick Burke	48	John Mervin	40
Mo Cheston	48	John Selmer	40
Carter Seddon	47	Jonathan Nahrgang	40
Peter Conidi	47	Laura Atkins	40
Peter Drino	47	Liz Ann Schiff	40
Robin Rome	47	Peter Kruit	40
Jamie Robinson	46.25	Ted Tilles	40
Rebecca Tilley	46.25	Tom McGraw	40
		OLD GOATS	
		Sophie Taggart	20
		Don Reid	20.25
		Keith Weaver	20.5
		Sarah McCusky	20.5





# Hotsprings Next Door

MARIN MYSTERY SPOT BY NAPHTALI OFFEN



For years, I had heard about some mythical hot springs along the Marin coastline, but it wasn't until 2000 that I found them. Like Brigadoon, they rise up only on occasion—fortunately more often than once a century.

The springs are located right at water's edge and are only accessible during a large minus tide when the ocean recedes enough to expose them. Usually, a low tide of -0.7 will reveal the springs, but it's best to go when the tide is -1.0 or lower. Minus tides occur periodically in series that last a few days to a week, depending on the time of year. The trick is to find a good minus tide that's at a reasonable hour. Other factors, including the size of the swells, play a role in whether or not the springs appear. With a large minus tide, the springs are usually usable for 90 minutes or more on either side of low tide. As far as I know, these are the closest natural hot springs to San Francisco.

There is one good-sized hot pool and sometimes a smaller warm pool that form. The regulars fill gunny sacks with sand to wall out the cold ocean water. The larger pool has a narrow cave-like passage that's fun to explore. The surrounding boulders are covered with mussels, starfish and

other critters. Almost all of the soakers are nude. Sometimes, it gets crowded and cozy, but it's a kindly, respectful crowd and I never witnessed anything naughty.

I've had great times there over the years including with other Dolphins. Adam and Ben Goldberg, and Larry Wisch and I were there one crystal-clear sunny morning when the tide receded so far back, a wide sand beach was revealed adjacent to the springs. We alternated playing frisbee, riding some great waves and jumping back into the springs—undoubtedly the best conditions I ever saw there. Once I brought my friend Antonello, visiting from Europe, who was so moved by the beauty of the place, he broke out in Italian arias, which the crowd loved. The last time I was there, I was training for the Dipsea and got to enjoy a plunge after a run from Mill Valley.

The trail from Highway 1 to the springs is steep and not for the faint-hearted. There is also some mildly dicey rock scrambling just above the springs and slippery rocks to navigate. The location of the springs is a bit of an open secret, so I hesitate to give explicit directions in print. There is concern about the springs being "discovered" and overrun or the state parks people interfering, which so far they have not done. Nonetheless, I'd be happy to tell other Dolphins how to get there: just email me at lamda23@yahoo.com.



**W**e're so used to seeing Noah (7) and Ben (5) Zovickian playing around the Dolphin Club—running across the deck, climbing atop the lockers, taking a walk with Lou—that we might not realize that they are also swimmers. By the time they were six months old both boys were going with Laura and Dave for lessons in basic skills at a San Bruno pool once a week (“religiously,” Dave adds). Noah, who was on a Brisbane swim team last year, is able to swim past the first cigarette buoy in the cove to the orange marker. Ben, who has been able to swim a lap of the pool since the time he reached four, is content to play in the waves for now. They are young men with a future.

Johnny Wilson's parents also encouraged him and his siblings to swim at an early age. But Johnny was a bit different from the others: he liked to stay in longer and swim farther. Rick Perry, a former Dolphin who observed Johnny's ability, brought up the subject of Bay swimming—and added that at the Dolphin Club swimmers were given great respect.

The idea of Bay swimming appealed to the Wilson household in Hillsborough. Rick had Alcatraz in mind but began by introducing Johnny to Aquatic Park. Then they did swims from the St. Francisco Yacht Club and Crissy Field. Johnny was definitely a kid, playing in the waves—“delightful” in Rick's words—yet showing the potential for

long-distance swimming. Rick introduced Johnny to Dolphin veterans Neal Powers and Pete Neubauer, who both swam with him on his journeys. As Johnny progressed Rick reached out to canoeist Colin Gift and boatman Phil Kohlenberg.

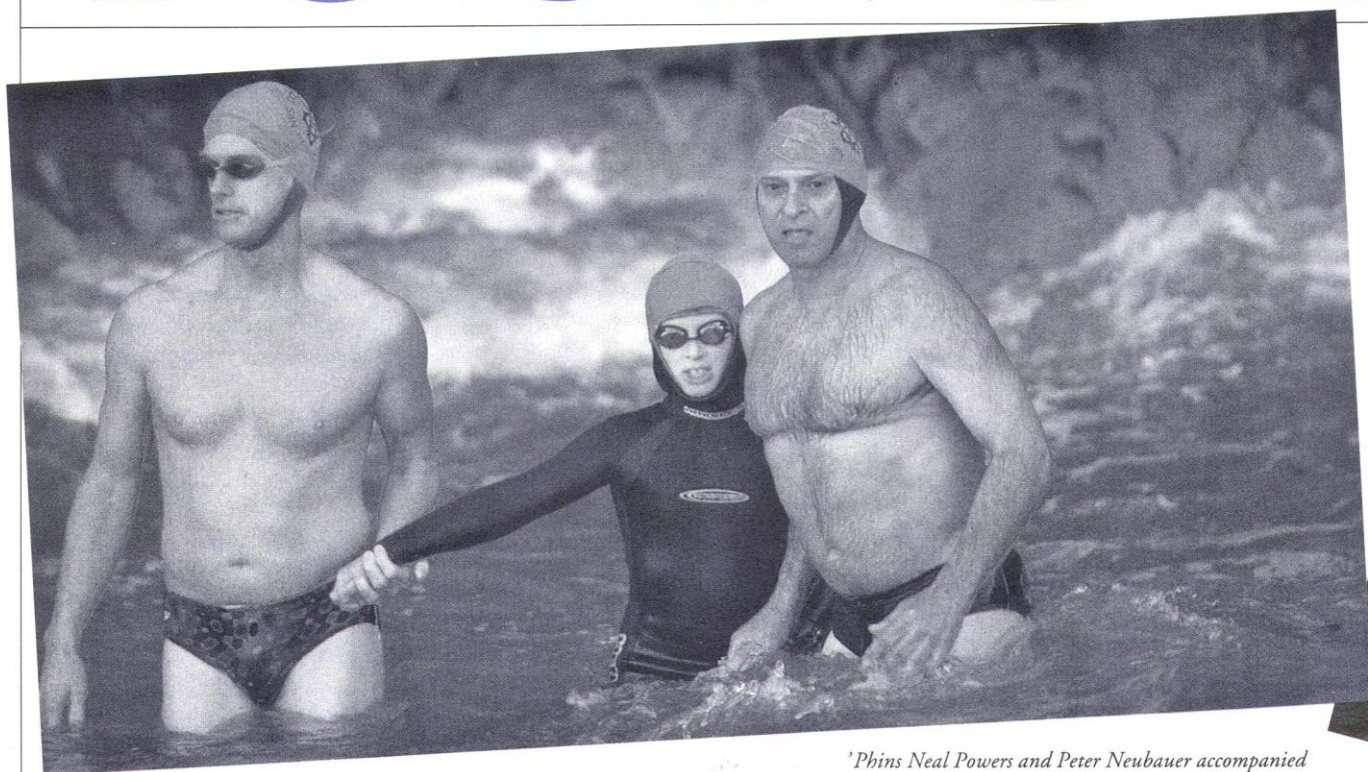
By the time Johnny had now been in the Bay for six months, Rick was thinking about a swim date from Alcatraz when the tides would be favorable. He aimed for October 10, 2005. (Meanwhile, at his elementary school Johnny was dealing with water in a different way, organizing his classmates in a telethon that raised \$50,000 for Katrina victims.)

The event took place as planned, with Neal and Pete swimming beside Johnny while Colin and Phil piloted. His accomplishment garnered Johnny a letter from the White House, an audience with Mayor Gavin Newsom (Johnny brought his classmates) and appearances on the Today Show and Chinese TV. Heady stuff for a nine-year-old, but Rick says he handled it with becoming modesty.

You may have spotted fourteen-year-old Toni Angelina Diaz swimming in the cove with Duke Dahlin. He met her at Elmer Tosta's Bay Swimming/Open Water orientation seminar at the Dolphin Club when she was thirteen and planning her initial open-water swim, the Tiburon Mile. She attended with her parents, Tony and Martha, and her

# YOUNG SWIMMERS

BY JOE ILLICK



*'Phins Neal Powers and Peter Neubauer accompanied nine-year-old Johnny Wilson, on his swim from Alcatraz.*



two siblings, Bella and Cesar. After Elmer completed his description of Bay swimming, Toni and Bella took the plunge with the other participants.

As Bay swimmers know, you either embrace the cold water or you don't. For Toni, it was nothing she had ever experienced, and she loved it! "There's nothing like open water swimming," she exuded, "I mean, only a very few people are able to sustain themselves from hypothermia. In open water swimming, there are so many things to see, and you are actually going somewhere. In open water swimming, everybody is a winner. You can't take anyone and put him or her in the ocean, and for that I have respect for anyone that does it." She went on, "My 15 months experience of open water swimming has taught me to be disciplined, focused, and to appreciate nature."

Since that first meeting, Toni and her father Tony have become regulars at the Dolphin Club. You can see them almost every Saturday at the 7 a.m. jump off. At the age of 13, Toni finished seventh overall in the under-18 age group in the 2004 Tiburon Mile with a time of 25:39. As a 14-year-old, Toni swam in the 2005 South End Alcatraz Invitational with over 600 others; her time was 29:10 which placed her second overall for all women—and thus she received the SERC Alcatraz Crystal Award—and tenth overall for non-wetsuit men and women. Also in 2005 Toni

swam the Treasure Island to YMCA Embarcadero swim (1.5 miles, 450 swimmers), finishing ninth overall in the non-wetsuit division and second in the 19-and-under age group. In September 2005 Toni swam for 3 hours in the Bay to prepare for her solo Lake Tahoe swim in 2006.

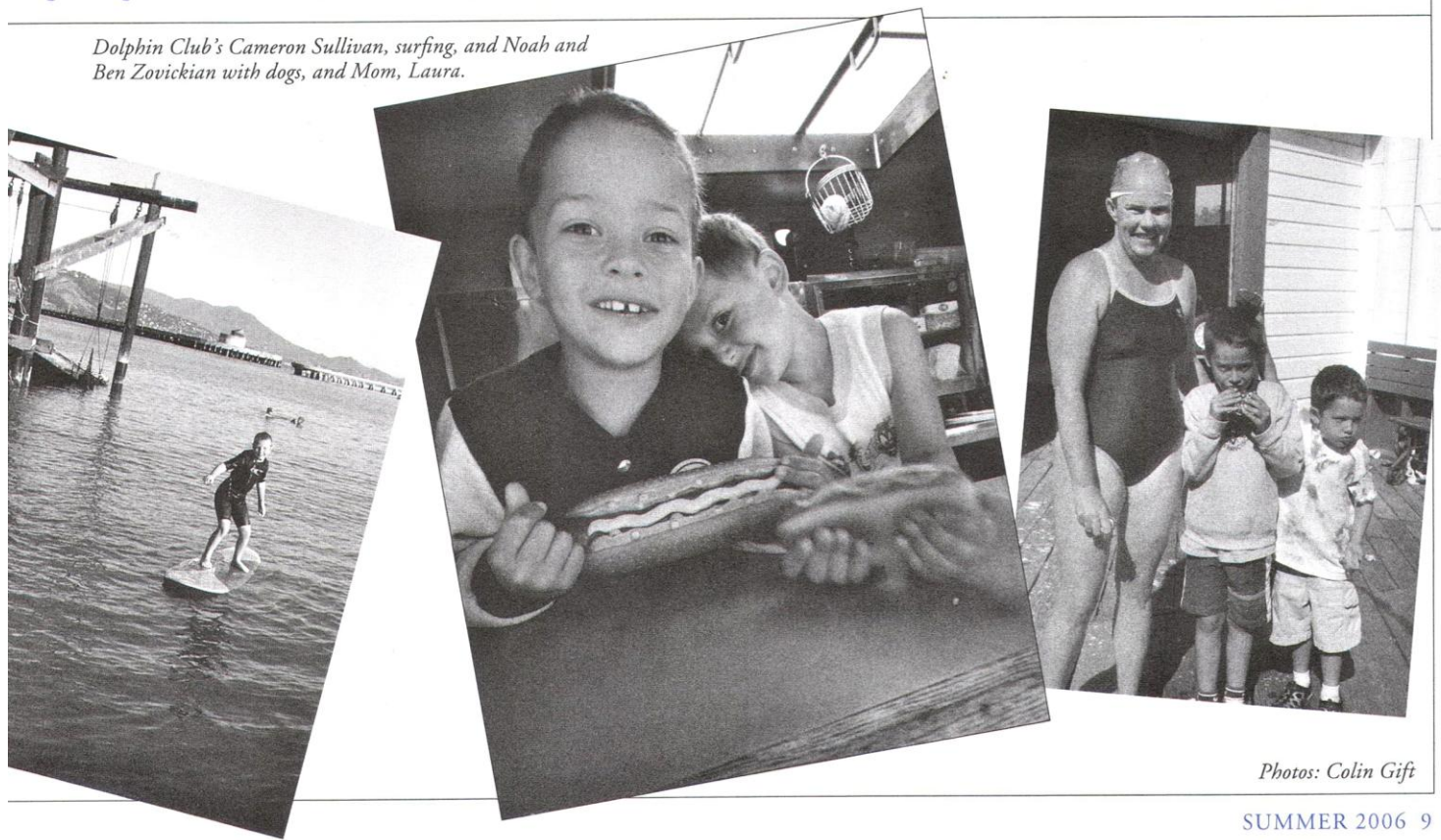
While Toni's short-term goal is to swim solo across Lake Tahoe in July 2006, her long-term goals include a swim around Manhattan in 2007, the English Channel in 2008, and Olympic try-outs for the 10K swim in Beijing. Currently, Toni is a sophomore at Las Lomas High School in the East Bay, doing well academically, and aspiring to becoming a doctor.

And she has good taste. "I like the Dolphin Club because everyone over there respects me. They talk to me, they support me, they have a no stealing policy, and the place itself is wonderful; right in front of the beautiful ocean and next to the greatest city on the planet."

So now you know the cove is open to children. Aeddan, Ken Frank's nine-year-old son, told me that simply seeing the photos in the LOG and the trophies at the Club made him decide he wanted to take the plunge. He has been in swimming classes in Marin and body surfing in Hawaii. Now he's contemplating going to the flag and back with his Dad. Sounds good. Let's junk the video games and get more kids in the Bay.

# WIMMERS

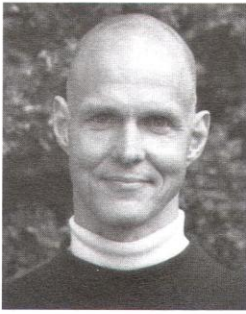
*Dolphin Club's Cameron Sullivan, surfing, and Noah and Ben Zovickian with dogs, and Mom, Laura.*



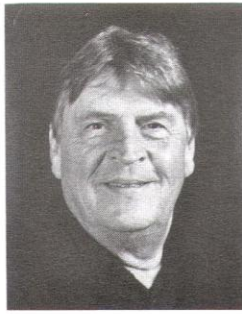
*Photos: Colin Gift*



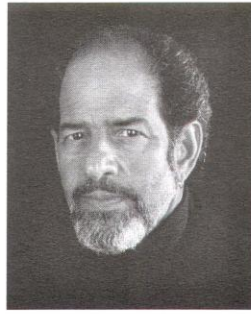
25-YEAR LIFE MEMBERS (JOINED 1981)



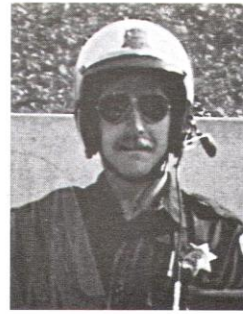
Reb Anderson



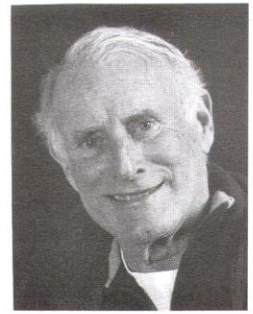
Scott Anderson



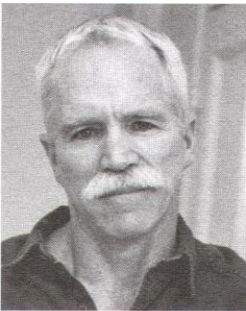
Roger Aplon



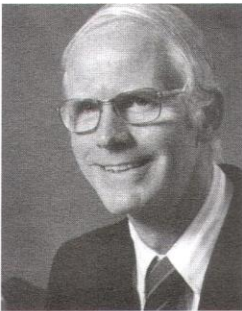
Robert Bonnet



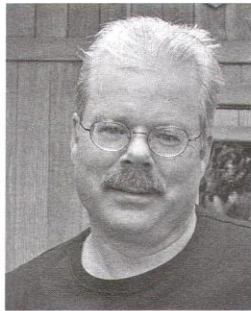
Peter Butler



Thaddeus Carhart



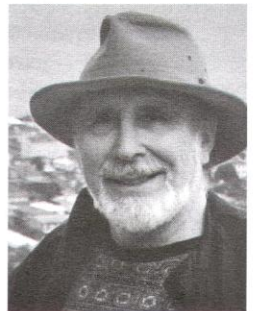
J. Brooks Crawford



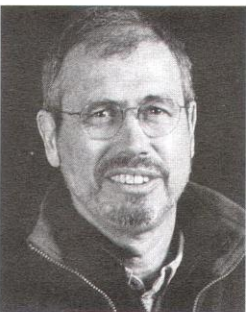
Jeffrey Heth



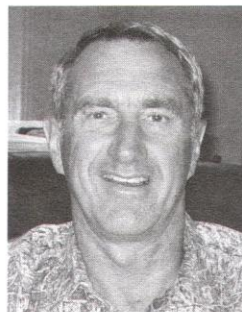
John Hornor



Keith Howell



Peter Jacobson



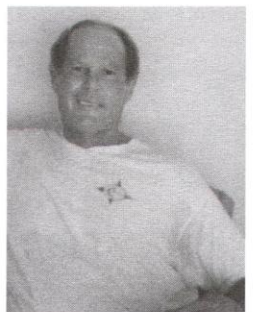
Sean Kelly



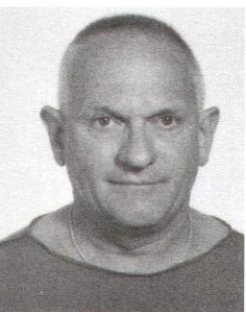
Herb Madden



Dan McGill



Chip Megeath



Raymond Mondini



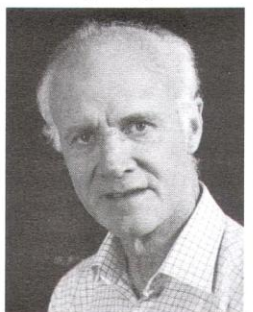
Philip Rollins



Donald Reid



Eric Shackelford



Stephen Townsend Jr.



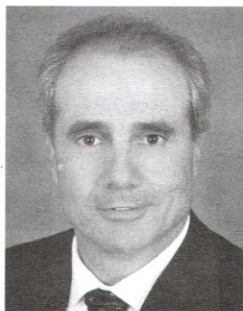
Jan Warmerdam



Carol Knight Watson



Linda Wilson



Ralph Zappala



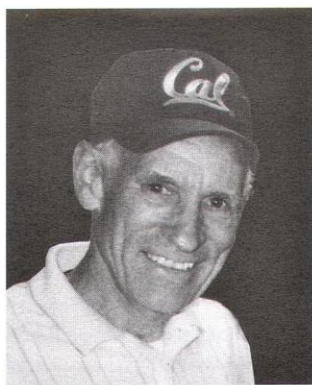
(not pictured)  
M. Elizabeth Hale



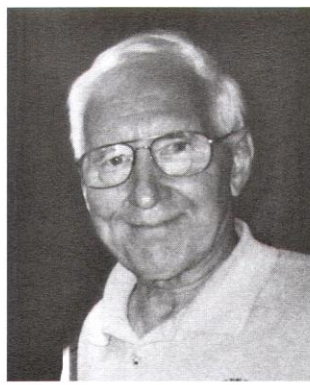
## GOLDEN LIFE MEMBERS (50 YEARS)



Thomas Gould



Kenneth Gaal



Stephen Gaal

(not pictured)  
Thomas White

## IN MEMORIAM



Paul Sylvester



Leo La Rocca



Bob Neilsen



Carla Curtis

### PAUL SYLVESTER 1913-2006 (Joined 8/13/1930)

The club's oldest member and the only Diamond Dolphin (75 years) passed away on April 6, 2006 aged 97. He had been a member of the club since 1930. Paul, who ran a cleaning service for most of his life, enjoyed golf, swimming, bowling and fishing. In 1937, he was the first person to swim the six miles from Sausalito to Aquatic Park. It took him nearly three hours. The newspaper reports at the time said that his friends claim he trains by sleeping in a bathtub full of cold water. At 46, he was only the second swimmer, accompanied by Chuck Pruett, to swim from the club, around Alcatraz, and back. That was in 1954 when the island was still a prison. Most 'phins will remember Paul best as the fisherman who spent many hours sitting on a chair, fishing from the end of the pier. "As you swam by, he would make some kind of stroke correction for you," says Don Harrison. "Everybody loved him." And, says Walt Schneebeil, "He was the only man we ever knew who caught a lobster in San Francisco Bay."

### RAY PASTENE 1916-2006 (Joined 1/18/1967)

Ray, the son of Italian immigrants, joined the club in 1945. During World War II he was in the Merchant Marine and afterwards became a designer and manufacturer of women's shoes of some repute. After he retired in 1989 he spent much of his time at his home in Tiburon overlooking the bay.

### CARLA CURTIS 1949-2005 (Joined 11/19/1978)

Carla was an aquatics instructor at San Francisco Community College and at the Recreation Center for the Handicapped where she worked with volunteers Frank Drumm and Joe Bruno. She joined the club in 1978 as one of the early female members.

### LEO LA ROCCA 1914-2006 (Joined 10/17/1938)

Leo, a native San Francisco, was the owner of the well known, well-loved North Beach tavern on the corner of Columbus and Taylor, known as La Rocca's Corner. The bar was opened by his father in 1922 during prohibition, and was famous for the eye-catching sign "This Is It!" What it was, was a place for Sicilian fishermen to hang out on rough days. And somewhere for the after-hours crowd—guys with pinkie rings and low-brimmed hats, the glitterati, and the power brokers including John Burton and George Moscone to gather. It was where Gordon Getty met his future wife, Ann. Leo was a champion handball player at a time when the sport was flourishing at the club.

### BOB NIELSEN 1931-2006 (Joined 9/18/1947)

An excellent oarsman, Bob was one of several Dolphins who rowed to Mare Island to deliver a commemorative scroll signed by San Francisco Mayor Elmer Robinson on the occasion of the Mare Island Navy Yard's 100th anniversary.



# DOLPHIN LOG SWIM STATISTICS

## Swim Commissioner's Report

The end of the Polar Bear saw 98 'phins in white fur. A gargantuan record! Six Golden Bears—those who exceeded a 100 miles. With this asymptotic progress, we may need to up the ante or weigh them down before they swim with some of Lou's calamari.

In the Winter, we thought "WOW! Wouldn't a triathlon be loads of fun. So, we turned that exclamation into an event. The Wave Organ Winter Fest (the WOW) was a cold day with the water temp sluggishly getting up to 52 degrees. Everyone who participated had a great time, although we could not figure out a system to track runners' times; we are working on that as we intend to repeat WOW again next year. As with most Dolphin Club events, it brought out the brave, the multi-talented, and for those suffering from hyperthermia, the swim portion acted as a sufficient febrifuge. The event consisted of a swim from the Wave Organ (a series of short pipes at the end of the St. Francis jetty which offer melodious thuds as the water undulates), a 1 mile run along Muni Pier and Ft. Mason, and then a boat race (kayaks, shells, and whitehalls) around the breakwater. Many teamed up with one or two partners to complete it, but about ten souls with the aforementioned qualities did all three events.

The Crazy Cove lived up to its name this year as it required the interaction of unsuspecting partners outside of the club. The course included exiting the water at the flag and finding a wetsuit clad swimmer to hug and/ or whatever else could be spontaneously arranged. I assured everyone that safe hugging was practiced as wetsuits provide an impassable barrier. Some seals skins were a bit resistant and kept to themselves. However, there was one enthusiastic soul who stood facing the swimmers coming up the beach with her arms wiiiiide open. Next year, we will supply said wetsuiters with donuts and coffee which you will have to consume while discussing right wing politics before getting back into the H<sub>2</sub>O to finish. The swim finished with the competitors pushing a beach ball back to the beach. Watching the different styles of moving the ball through the water was worth the swim dues alone. Some held it, some dribbled it water polo style and there was even a swimmer who bit it in his mouth, the canine carry, and doggy paddled to the finish.

The swim program is actively recruiting pilots who would like to become certified on the motorized craft. If you are interested, please contact anyone in the swim commission or one of the Avon or Arias pilots. Remember that in order to have a swim program, we need good pilots. Give a little something back to your club by training on these sleek machines. It'll be a gas!

—Tom Keller

## Gashouse Cove Swim

JANUARY 28, 2006

1. Bruckner Chase	19.02
2. Dan Roberts	19.06
3. John Ottersberg	20.20
4. Scott Haskins	20.25
5. John Selmer	21.14
6. Amber Rhett	23.05
7. Robert Lowney	23.15
8. Jon Racanelli	23.58
9. Jon Nakamura	24.38
10. Nigel Killeen	25.04
11. Nancy Cutler	26.44
12. Erik Burke	27.02
13. Dan Osborne	27.29
Alex McJunkin	27.29
15. Vince Huang	28.21
16. Les Dewitt	28.27
17. Rick Avery	28.31
18. Joe Illick	28.45
19. Neal Powers	28.56
20. Mary Alex Needham	29.02
21. Phil Scarborough	29.28
22. Pete Neubauer	29.30
23. Laura Atkins	29.37
24. Andy Stone	29.46
25. Mike Mitchell	30.00
26. Jennifer Lamers	30.22
27. Mark Mullen	30.51
28. John Mattox	30.55
29. John Nehrgang	31.42
30. Jim Frew	31.44
31. Robin Rome	32.14
32. Greg Hicks	32.16
33. Piper Murakami	33.04
34. Noel Turner	33.51
35. Naphtali Offen	34.05
36. Ken Coren	34.08
37. Jamie Robinson	34.35
38. Anthony DuComb	34.45



Tom Keller and Mary Alex Needham perform a trinket ritual.  
Photo: Nigel Killeen

39. Carol Watson	34.58
40. Vic Pizarro	35.28
41. Cynthia Skovlin	35.48
42. Tom Dugan	35.51
43. Steve Lathram	36.51
44. Rey Hassan	36.51
45. Joe Mannion	40.16
46. Will Powning	43.26
47. Sarah McCuskey	47.44

## Pilots

Susan Allen, Ray Artigues, Marcus Auerbuch, Jon Bielinski, Barry Christian, Ed DeCossio, Renee DeCossio, Nick DeMay, Anthony DuComb, George Ford, Don Harrison, Neil Hartnett, Brian Herrick, Tom Keller, Phil Kohlenberg, Mickey Lavelle, Mary Magocsy, Pat McGarvey, Phil Rollins, Omer Thompson, Keith Weaver, Bob Weil, Connie Wellen

## Helpers

Rick Avery, Rucy DeMay, Haley DeMay, Suzie Dods, Anthony DuComb, Cory Ferrara, Rey Hassan, Greg Hicks, Tom Hoffman, Pat McGarvey, Sunny McKee, Laura Merkl, Mimi Osborne, Neal Powers, Jamie Robinson, Phil Rollins, Andy Stone, Noel Turner

## Wave Organ Winterfest

FEBRUARY 26, 2006

## SWIM

1. Steve Pratt	23.47
2. John Ottersberg	25.23
3. Scott Haskins	25.49
4. Brian Herrick	28.35
5. Nigel Killeen	28.44
6. Saun McFadden	29.54
7. Rick David	31.14
8. Nancy Cutler	32.20
9. Suzie Dods	32.25
10. Les DeWitt	33.25
11. Ted Tilles	34.19
12. Joe Illick	35.28
13. Rick Avery	35.49
14. Bill Hadley	36.54
15. Hugh Kim	38.00
16. Robin Rome	38.47
17. Naphtali Offen	38.58
18. Anthony DuComb	39.03
19. Rey Hassen	43.32

## ROW

Ira Osibi/Gary Ersham	0.57
Margaret Keenan	1.01
Nigel Killeen	1.02
Saun McFadden	1.03
Nancy Cutler	1.06



# DOLPHIN LOG SWIM STATISTICS



Suzie Dods halfway from Alcatraz Photo: Colin Gift

Suzie Dods	1.17
Jim Frew	1.26
Emily Roth	1.27
Susan Allen	1.31
Hal Offen	1.21
Anthony DuComb	1.19

## Pilots

Bob Lowney, Cory Ferrera, Mimi Osborne, Dan Osborne, John Mattox, Brian Herrick, Margaret Keenan, Hugh Kim, Rick Avery, Tom Keller, Suzie Dods, Hal Offen, Paul Brady, Nancy Cutler, Phil Rollins

## Helpers

Gary Ersham, Paul Brady, Mickey Lavelle, Susan Allen, Dan Osborne, Mike Ross, Emily Roth, Marcus Auerbuch, Barry Christian, Jim Frew

## Breakwater 'n Brunch

MARCH 19, 2006

### .5 Mile

1. Vince Huang	19.22
2. Bob Lowney	20.43
3. Jay Adams	21.32
4. Jackie Merovich	22.58
5. Noel Turner	23.18
6. Sarah McCuskey	38.51

### 1.25 Mile

1. Steve Pratt	19.27
2. John Ottersberg	21.15
3. Scott Haskins	21.30
4. Jon Ennis	23.08
5. Mickey Lavelle	24.14
6. Nigel Kileen	25.04
7. Brian Herrick	27.44
8. Alex McJunkin	28.08
9. Rebecca Tilly	28.35
Les Dewitt	28.35
10. Rick Avery	29.13

11. Ted Tilles	30.32
12. Suzie Dods	30.33
13. Krist Jake	31.17
14. Joe Illick	32.45
15. Piper Murakami	34.10
16. Robin Rome	34.23
17. Marty Campbell	37.05
18. Naphtali Offen	38.01
19. Rey Hassan	45.35
20. Gary Ehram	47.30

## Pilots

Renee DeCassio, Barry Christian, Colin Gift, Don Harrison, Emma Huckabay, John Robiola, Pete Perez, Emily Roth

## Helpers

Rick Avery, Sue Garfield, Rubin Hechanova, Scott Haskins, Joe Illick, Karen Jenkins, Ian MacLean, Pat McGarvey, Laura Merkl, John Pelka (grits), Steve Pratt, Phil Rollins, Keith Weaver

## Test Swimmers

Jon Ennis, Scott Haskins, Brian Herrick

## Pier 39

APRIL 2, 2006

1. Steve Pratt	22.55
2. Cory Ferrara	24.00
3. David Rich	25.30
4. Nigel Kileen	26.28
5. Bob Lowney	26.38
6. Mickey Lavelle	27.21
7. Rick David	28.15
8. John Pelka	30.10
9. Les DeWitt	30.25
10. Rebecca Tilley	30.30
11. Larry Scroggins	30.34
12. Alex McJunkin	30.35
13. Nancy Cutler	30.35
14. Ted Tilles	32.08
15. Joe Illick	32.20
16. Mary Alex Needham	32.40
17. Dan Osborne	32.58
18. Piper Murakami	34.32
19. John Mattox	34.33
20. Susan Cobb	35.25
21. Dean Badessa	35.40
22. Hugh Kim	36.13
23. Jay Adams	36.14
24. Robin Rome	37.08
25. Anthony DuComb	37.45
26. Naphtali Offen	38.25
27. Rey Hassan	39.40
28. Debbie Rose	43.00

## Pilots

Laura Atkins, Marcus Auerbuch, Paul Brady, Barry Christian, Ed DeCossio, Suzie Dods, Renee DeCossio, Peter Darlington, Rodes Fishburne, Sue Garfield, Neil Hartnett, Rubin Hechanova, Emma Huckabay, Tom Keller, Phil Kohlenberg, Pete Perez, Emily Roth, Bob Weil, Martin Zeleznik

## Helpers

Lindsey Casablanca, Cory Ferrara, Sue Garfield, Pat McGarvey, Marcia Graham, Scott Haskins, Nigel Kileen, Phil Kohlenberg, Bob Lowney, Mimi Osborne, Steve Pratt, David Rich, Phil Rollins

## Pier 41

MAY 20, 2006

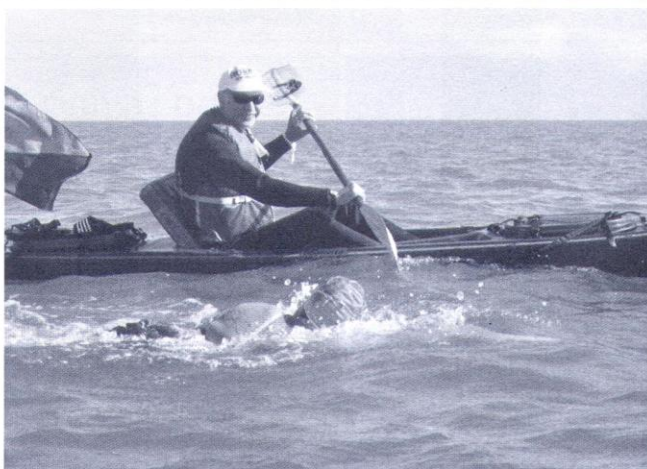
1. John Ottersberg	18.46
2. Heather Royer	19.44
Amber Rhett	19.44
4. Nigel Kileen	20.20
5. Bob Lowney	21.10
6. Keith Gray	21.13
7. Paul Davies	23.42
8. Becky Fenson	24.59
9. Pat McGarvey	25.11
10. Keith Nelson	25.24
11. Rick David	25.30
12. Rick Avery	25.27
13. Dan Osborne	25.46
14. Andy Stone	26.20
15. Joe Illick	26.28
16. Emma Huckabay	26.38
17. Gina Rus	27.10
18. Margaret Keenan	28.15
19. Hugh Kim	28.21
20. Jim Frew	29.05
21. Marti Campbell	29.15
22. Pete Neubauer	29.21
23. Naphtali Offen	29.30
24. Greg Hicks	29.51
25. Robin Rome	30.08
26. Mark Lubiszewski	30.28
27. Jay Adams	30.30
28. Noel Turner	31.15
29. Steve Stout	33.21
30. Rey Hassan	33.30
31. Debbie Rose	35.28
32. Sue Garfield	36.25
33. Joe Manion	36.36
34. Sarah McCuskey	45.56

## Pilots

Susan Allen, Judy Apfel, Ray Artigues, Marcus Auerbuch, Jon Bielinski, Barbara Byrnes, Ken Coren, Bob Danielson, Ed De Cossio, Don Harrison, Phil Kohlenberg, Tom Kuglen, Mary Magocsy, Mike Ross, Emily Roth, Lyrinda Snyderman, Rebecca Tilley, Bob Weil

## Helpers

Rick Avery, Nancy Cutler, Nori Desmas, Pat McGarvey, Joe Illick, Jennifer Lamers, Laura Merkl, Joe Manion, Naphtali Offen, Mimi Osborne, Phil Rollins, Robin Rome, Andy Stone



Dave Zovickian pilots a Crissy Field swim. Photo: Susan Lauritzen



# DOLPHIN LOG SWIM STATISTICS

## Dick Beeler Crazy Cove Swim

JUNE 2, 2006

### Long Course

1. Cory Ferrara	16.38
2. Nigel Killeen	18.31
Bob Lowney	18.31
4. David Rich	18.54
5. Jon Ennis	20.00
6. Vince Huang	20.01
7. Rebecca Tilley	20.06
8. Jennifer Lamers	21.53
9. Sunny McKee	23.27
10. Keith Nelson	23.43
11. Bob Blum	23.49
12. Margaret Keenan	23.55
13. Robin Rome	24.10
14. Emma Huckabay	24.17
15. Ann Sasaki	24.20
16. Ken Coren	24.21
17. Susan Cobb	24.25
Jay Adams	24.25
19. Naphtali Offen	24.38
20. Piper Murakami	24.49
21. Pete Neubauer	24.52
22. Mark Lubizewski	24.54
23. Jim Frew	24.56
24. Keith Howell	25.03
25. Sue Garfield	33.30



Nigel Killeen's test swim feet.  
Photo: Bob Lowney

### Short Course

1. Mark McKee	18.24
2. Loretta Madden	18.05
3. Era Osibe	20.35
4. Joe Ferraro	21.36
5. Pete Perez	22.07
6. Mary Lou Hirschfield	25.12
7. Roger Kleid	33.30

### Pilots

Susan Allen, Ray Artigues,  
Nancy Cutler

### Helpers

Nancy Cutler, Marcia Grimm,  
Mary Lou Hirschfield, Jennifer  
Lamers, Susan Lauritzen,  
Jackie Merovich, Alex McJunkin,  
Laura Merkl, Anne Sasaki,  
Monica Towers

## Yacht Harbor

JUNE 24 2006

1. Suzanne Heim	26.05
2. Cory Ferrara	27.28
3. John Ottersberg	28.39
4. Laura Burtch	28.58
5. John Selmer	29.15
6. Nigel Killeen	30.51
7. Bob Lowney	30.52
8. Keith Gray	30.58
9. Michael Tschantz Hahn	31.40
10. Karen Boyer	32.40
11. Laura Merkl	33.14
12. Pat McGarvey	33.20
13. Alex McJunkin	34.24
14. Dan Osborne	34.25
15. Neil Powers	35.13
Keith Nelson	35.13
17. Jim Barron	35.22
18. Bob Blum	35.32
19. Rick Avery	35.33
20. Laura Atkins	35.34
21. Krist Jake	35.36
22. Kate Coleman	35.37



Yacht Harbor swim participants await their fate. Photo: Nigel Killeen

23. Greg Hicks	36.19	33. Mark Lubiszewski	38.40
24. Joe Illick	36.24	34. Jonathan Nahrgang	39.22
25. Dean Badessa	36.49	35. Pete Perez	39.50
26. John Mattox	36.55	36. Jamie Robinson	40.06
27. Michael Needham	37.05	37. Emma Huckabay	40.11
28. Andy Stone	37.16	38. Anne Sasaki	40.46
29. Robin Rome	38.02	39. Noel Turner	41.01
30. Pete Neubauer	38.08	40. Lorna Newlin	42.06
31. Nancy Horner	38.09	41. Rey Hassan	42.08
32. Jackie Merovich	38.36	42. Bess Tschantz Hahn	43.45



Crazy Cove swimmer Margaret  
Keenan with confounding beach ball.  
Photo: Susan Lauritzen

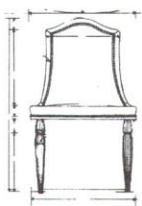
### Pilots

Judi Apfel, Ray Artigues, Marcus  
Auerbuch, Carol Block, Jerry Block,  
Barry Christian, Rich Cooper, Bob  
Danielson, Ed DeCossio, Keith  
Fox, Jim Frew, Nancy Friedman,  
Don Harrison, Neil Hartnett, Tom  
Keller, Susan Lauritzen, Harry  
Louie, Emily Roth, Diane Walton,  
Bob Weil, Connie Wellen, Rick  
Wheatley (SERC), David Zovickian

### Helpers

Jim Barron, Mary Cantini, Ken  
Coren, Pam Derks, Cory Ferrara,  
Neil Hartnett, Rey Hassan,  
Suzanne Heim, Greg Hicks,  
Nancy Horner, Emma Huckabay,  
Nigel Killeen, Pete Lakis,  
Steve Lathram, Bob Lowney,  
Mark Lubiszewski, John Mattox,  
Pat McGarvey, Bob Mackey,  
Jackie Merovich, Keith Nelson,  
Mimi Osborne, Pete Perez,  
Pavla Podolska, Neal Powers,  
Jamie Robinson, Phil Rollins,  
Robin Rome, Andy Stone, John  
Theede, Carol Watson

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Is there anything as unique and soulful as the time we Dolphins spend in the sauna? Are there lessons learned, stories told, information spread, and misinformation enjoyed anywhere else that can compare? I think not. From depths of Phil Kohlenberg's esoteric knowledge of Proust, film noir, and sense of personal space, to Sid Hollister's encyclopedic grasp of baseball, birds and all things French, it is in the sauna that the warming hearts of Dolphins feed blood to our brains, but not always before the conversations get underway.

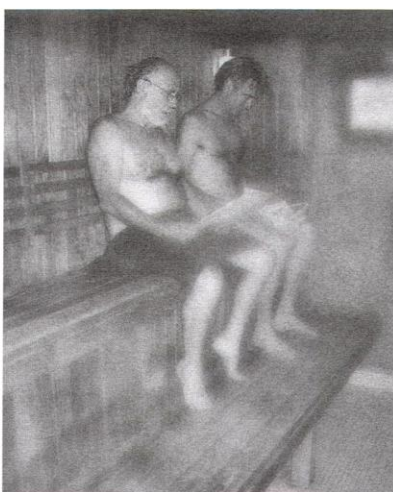
While I have no doubt that sauna wisdom reigns supreme, I often wonder just what it is about the sauna that gives rise to these wonderful interchanges amongst us. Whether we're in there from a row on the Bay, fresh from the wide views and unbridled swirl of nature around us, or thawing out from a swim, having been immersed in the live waters of Mother Ocean as visually challenged marine mammals, it could be the euphoria of a warm recovery and appreciation of the enormity we have been privileged to enjoy. It could also be that, unlike most any other time in our busy days, when we hit the sauna, we're simply not going anywhere else for a while and thus, despite our habitual hectic mode, at this time we can be fully present in the truest sense of the word. Present and open to ourselves and those around us with whom we share the respect, appreciation, and downright joy of this special piece of the world we have discovered.

You want to get some ideas on the economic impacts that China's emerging economy is having on mining in Australia? Throw it out there, folks will come up with stuff they didn't even know they had thought about. One of the mysteries of science been itching in your mind; ask away, especially if Brian Gilbert is holding court by the rocks. Maybe, just maybe, it has to do with a temporary abandonment of priorities. All subjects are fair game, nothing is too heavy and nothing is too frivolous. I have found that this gives us a special freedom. Not a freedom

P R E S I D E N T ' S  
R E P O R T

# SAUNA WISDOM

B Y K E N C O R E N



of expression, but a freedom to express. A safety zone wherein things can be revealed to people who, while not necessarily your close friends, are people who sincerely care about you.

We truly have developed a supportive community. We bring each other home through the rough chop and ridiculous conditions, easily recognizing one another despite the identical orange caps, swim goggles, and near complete submersion in the water, because we know each other's strokes. This primal support further incubates in the sauna. It is there that folks are sensitive to each others' thoughts and feelings without being solicitous. Hard issues and personal challenges are brought up: the tumors, the trials, the births, the deaths, both ends of marriage, and the steep and harrowing leap from admission to the delivery room to admission

into preschool.

What goes unsaid following these discussions is spoken with the look of recognition that says "it is good to see you today." Try staying away for a while. Dolphins let you know your absence has been noticed, and your return is welcome. Beyond that, we want to know how things revealed in the sauna have worked out, and what is next on that horizon. I have heard it said, more than a few times: "How have you been, don't not come around." This is the quality of care and concern that gives us more than we expected to come away with on any given day.

In welcoming the new members at each board meeting, I have come to realize that many of us who have become Dolphins wind up spending the rest of our lives as Dolphins. The truth of it is that we are going to go through a lot together, and much of what we share will be the tender, the sweet, the raw, the awful and the awe inspiring. The wisdom of the sauna might be that we get to be in the middle of all that is so vast and still so wild only because of each others' presence. Despite seeming so alone out there, we come back to realize that we continue to share more than we ever expected.





The Dolphin Swimming  
& Boating Club  
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San Francisco, CA 94109

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## DOLPHIN CLUB SWIM SCHEDULE 2006

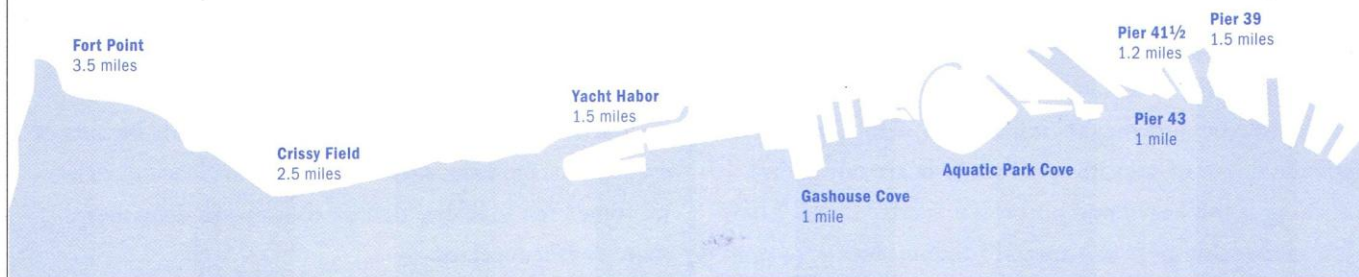
Jan 1	Sat, TBA	New Year's Day Alcatraz and Cove Swim
Jan 28	Sat, 7:30 am	Mid-Winter Gashouse Cove
Feb 11	Sat, 9:00 am	Handicap Cove
Feb 26	Sun, 7:30 am	W.O.W. (Wave Organ Winterfest)
Mar 4	Sat, TBA	Gar Woods Tahoe Swim
Mar 19	Sun, 8:30 am	Breakwater 'n Brunch End of Polar Bear
Mar 21	Tues	Polar Bear Swim Ends
April 2	Sun, 7:00 am	Pier 39
May 20	Sat, 9:30 am	Pier 41
June 1	Wed	100-mile Swim Begins
June 3	Sat, 9:00 am	Dick Beeler Crazy Cove
June 24	Sat, 9:00 am	Yacht Harbor
July 9	Sun, 8:15 am	Crissy Field
July 16	Sun, 7:30 am	Bay Bridge
July 22	Sat, TBA	Tahoe Relay
July 29	Sat, TBA	Santa Cruz One Mile
Aug 13	Sun, 9:00 am	Over 60 Brunch n' Cove
Aug 20	Sun, 7:45 am	Fort Point
Sept 2	Sat, 9:30 am	Joe Bruno Golden Gate
Sept 16	Sat, 5:45 pm	Over 45 Gashouse Cove
Sept 24	Sun, 7:15 am	Alcatraz
Oct 7	Sat, 8:30 am	Dolphin/South End Triathlon
Oct 14	Sat, 8:00 am	Escape from Alcatraz Triathlon
Oct 31	Tues	100-Mile Swim Ends
Nov 11	Sat, 6:00 pm	Pilot Appreciation Dinner
Nov 23	Thur, 8:00 am	Thanksgiving Day Cove
Dec 17	Sun, 9:30 am	New Year's Day Qualifier
Dec 17	Sun, 11:00 am	Christmas Brunch Party
Dec 21	Thur	Polar Bear Swim Starts

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
  2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
  3. Swimmers must be members in good standing with dues current and swim fees paid.
  4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start.
  5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commissioner.
  6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
  7. Swim sign-up sheets are posted two weeks prior to each swim.
  8. Time limits are imposed and enforced for all swims.
  9. All club boats are reserved for scheduled swims.
- Additional qualifications for Alcatraz and Golden Gate Swims*
10. In-town members must successfully complete two "qualifying" swims and one other scheduled swim and pilot or help on at least two others. (See bulletin board for details and updates.)
  11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
  12. In swims that are qualifiers, nonqualified members will be given priority over swimmers who have already qualified for the Alcatraz/ Golden Gate.

### ROWING TRAINING (*all fall on a Saturday*)

January 21, February 18, March 18, April 15, May 20, June 17, July 15,  
August 19, September 16, October 21, November 18, December 16

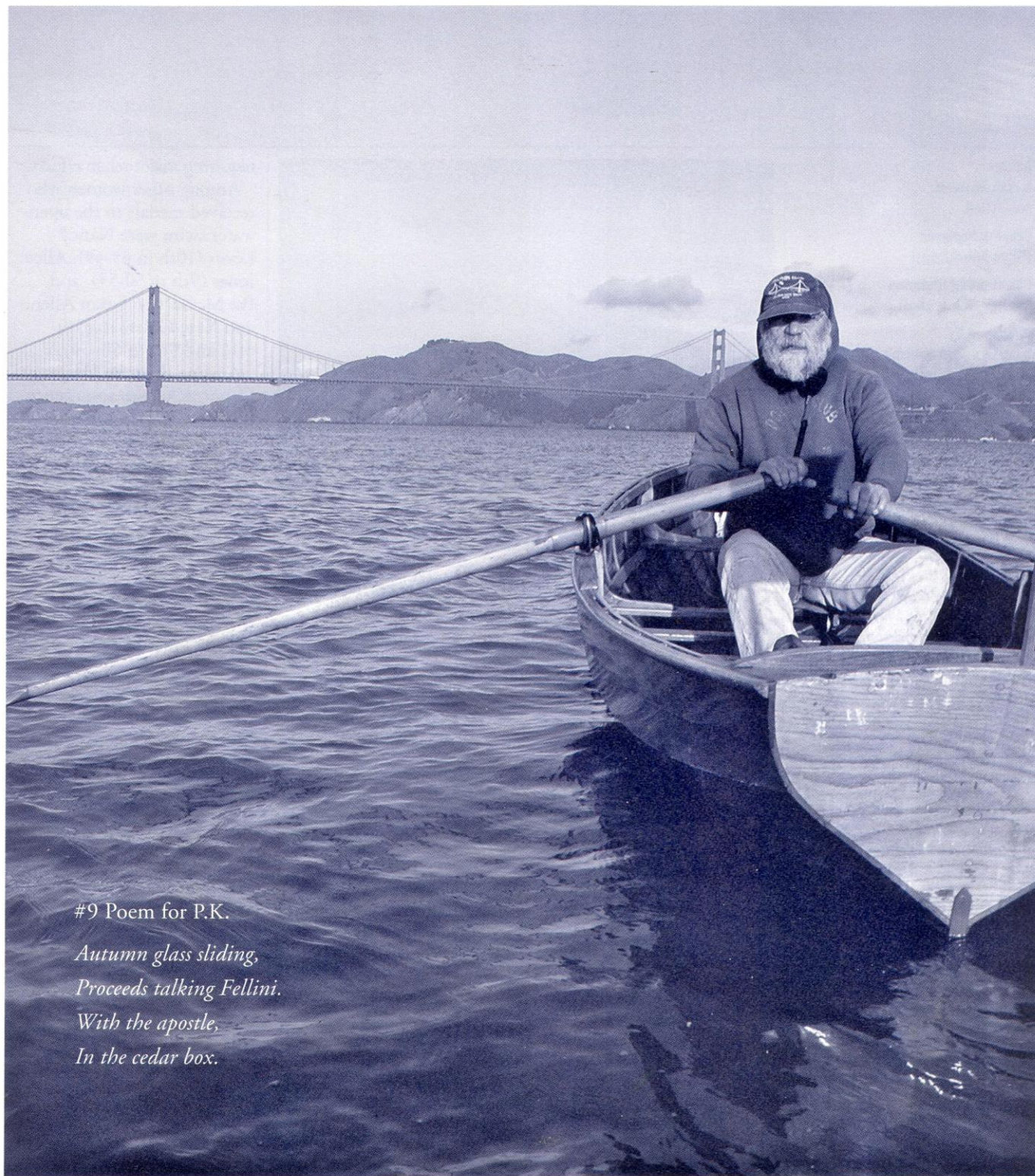




FALL 2006

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



#9 Poem for P.K.

*Autumn glass sliding,  
Proceeds talking Fellini.  
With the apostle,  
In the cedar box.*



# Once 'Round the Cove

## Editors

Keith Howell  
Joe Illick

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Piper Murakami

## Contributing Historian

Walter Schneebeil

## Published By

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San Francisco, CA 94109

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John Ottersberg, Rachel Perry,  
Corrina Witt

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Renée de Cossio, *Boat Captain*  
Don Harrison, *House Captain*  
Lou Marcelli, *Commodore*

## Cover Photo

Phil Kohlenberg, 1942-2006  
*Photo: Colin Gift*  
*Poem: Rodes Fishburne*

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## Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.



*Dan Osborne, the club's Most Improved Swimmer for 2006, competed in a variety of events during the recent 11th World Masters Championships. He was 6th in his age group in the open water swim.*

## FINA 'Phins

FINA (Federation Internationale de Natation) held its 11th World Masters Championships from August 4 to 17 in the Bay area. Over 7200 athletes from 75 nations competed, primarily at Stanford University's Avery Aquatic Center, in pool and open-water swimming, water polo, diving, and synchronized swimming. Among these swimmers were 18 Dolphins: Susan Allen, Marti Campbell, Kate Coleman, Nancy Cutler, Rick David, Pam Derks, Ali Hall, Suzanne Heim-Bowen, Joe Illick, Alice Jones, Nigel Kileen, Nancy Lewis, Bob Lowney, Pat McGarvey, Dan Osborne, Steve Pratt, Amber Rhett, Barbara

Byrne, Bob Danielson and John Selmer.

Suzanne Heim-Bowen did her usual spectacular best, winning the 200, 400, and 800-meter freestyle events and scoring 2nd in the 100-meter freestyle for women 45 to 49 (swimmers are age-grouped in 5-year segments), participating in three relays that garnered 1st, 2nd, and 3rd awards, and triumphing in the 3-kilometer open-water swim at Crown Beach in Alameda by more than 4 minutes over her closest competitor (her time was third among all women competitors and 22nd overall). Those of you unsurprised by Suzanne's performance may not know that the past year has been very rough for her, with body strains and a bone tumor

requiring major rehab efforts.

Among other women who received medals in the open-water swim were Nancy Lewis (10th in 45-49), Alice Jones (9th in 50-54), and Pat McGarvey, Susan Allen, and Kate Coleman (5th, 6th, and 9th in 60-64).

Among the men Dan Osborne, whose resurgence this year as a great club swimmer has been roundly noticed, acquitted himself respectably in the 50, 100, and 200-meter freestyle (men 70-74), as well as in two relays that medaled and in the open-water swim, where he placed 6th and Joe Illick was 9th. John Selmer came in 5th in the 60-64 category.

Steve Pratt, a former water polo player at the University of Arizona who has continued to compete, helped forge a team through the Tri-Valley Masters in the 45-49 age bracket. This group tied Russia (seeded 1st in the bracket), lost to Spain, then bested Holland, Finland, and Croatia to finish 6th among 14 teams.

On August 19 over 150 FINA swimmers participated in an Alcatraz swim which 10 Dolphins helped pilot (as independents). For liability reasons, the DC Board refused club use for the event.

—Joe Illick



*Your roving photographer, Colin Gift, finds himself at the other end of the camera. Photo: Jane Koegel*



*You'll be as happy to hear that our very own Dolphin, Suzanne Heim-Bowen, is to be inducted into the International Masters Swimming Hall of Fame for 2007 for Open Water in Anaheim, next September. What an accomplishment! What an honor for all of us Dolphins! In the recent World's Master Championships Suzanne was 1st in her age group for the open water swim, and 3rd woman overall. See accompanying article, left.*

## Help Build the "Kohlenberg"

When Phil Kohlenberg passed away this summer, we lost one of our most lovable friends—a man who had mastered so much history on so many topics that he could talk to you unlike anyone else. On the stairs, in the sauna, literally anywhere, he would corner you with some obscure yet delicious tidbit, related to you and you only, which would leave you feeling like you were the only person in the club who mattered to him. With this, with his bread, with his humble, diligent service, Phil was one of the club's great generous souls. And it's why many Dolphins have wanted to give something big back to Phil, in the form of an equally generous,

lasting club memorial.

After much thought and discussion, the board decided that the ideal memorial would be to name a boat after Phil, who was not only boathouse captain but also a tireless rower. And not just any boat, but a single "Viking," which is a gorgeous, unusually versatile design unique to the Dolphin and South End clubs.

To make this happen, we must turn to you, our members, to raise the \$40,000 the boat will cost. If this sounds exorbitant, please consider the background on this project.

Like the South End, our club is now blessed with two Viking doubles (these are the long, lightweight wooden boats, with steel outriggers, that reside in the Herman Zahler boathouse). Unlike the two clubs' other boats, the Vikings are light enough to be quick and maneuverable, but tough and beamy enough to handle rough conditions. We do not, however, own a Viking single, while the South End does (she's named the "Thor.") This shortcoming had long been a frustration to Phil, and is to other Dolphin rowers, for two reasons.

First, the club's other wooden boats (the heavier Whitehalls) are difficult for many women and older rowers to launch or bring in. This is one reason the Thor has become the South End's

most popular wooden single. Second, getting our single Viking would help match the two clubs' fleets—a boon to inter-club competitions and other outings.

The boat would be delivered approximately six months after the money is raised. It will be crafted by master boatbuilder Jeremy Fisher-Smith of Inverness, the boatwright who, in the 1970s, restored the Viking (the model for this fleet), and later designed and built all four of the two clubs' other Vikings.

If you'd like to be a part of seeing the "Kohlenberg" take its honored place in this fleet, please mail a check (*made out to The Phil Kohlenberg Fund*) and send to the Dolphin Club, 502 Jefferson Street, San Francisco, CA 94109, Attn: Dolores Meehan. A tax-deductible receipt will be mailed to you. Many, many thanks for your help.

—Todd Oppenheimer

## Wildlife

And then there was the Monster in the Aquatic Lagoon for a couple of days in November. The experts were convinced it was a sea lion ("they're more aggressive") but those who saw it thought it was a harbor seal. Either way, it decided to stick to fish.

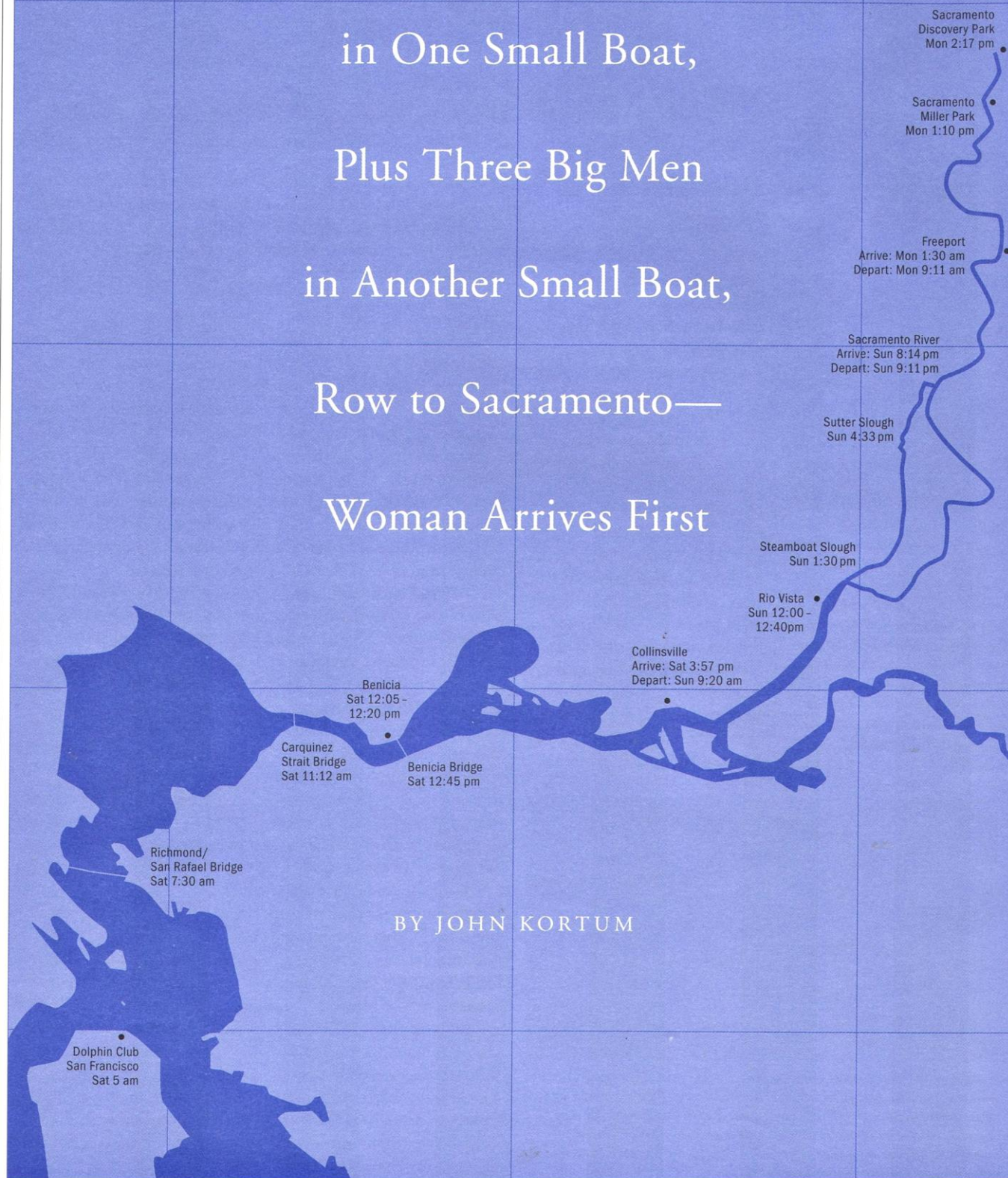


*Albert Thomas Camous (1912-2006, joined 1932). Al, who worked as a photographer and aircraft mechanic during World War II, served as a water safety instructor for the United States Power Squadron. He was an enthusiastic pilot and expert rower both on open water and flat water, spending much of his time rowing on Lake Merced. Al was the last surviving member who joined the club prior to WWII.*



One Petite Woman  
in One Small Boat,  
Plus Three Big Men  
in Another Small Boat,  
Row to Sacramento—  
Woman Arrives First

BY JOHN KORTUM





SATURDAY, AUGUST 5  
SAN FRANCISCO TO COLLINSVILLE

This year, with luck and the good graces of the weather gods, Renée de Cossio will become the first woman to row solo from San Francisco to Sacramento.

We launch at 5:00 am into the dark-before-dawn on the remains of a clear night, with light winds from the west, maybe five knots. We are lucky. For two days, up until the hour we depart the Dolphin Club, small craft warnings have been posted for San Francisco Bay.

Renée commands the Gladys Austin. Jon Bielinski, Grant Mays and John Kortum crew the Lawton C. Hughes. Renée has been rowing every day just because she likes to and has at least a few long rows under her belt. As for the rest of us, well, Jon is simply strong, Grant rows about once a week, and John worked the rowing machine a few times recently.

With slack predicted for 5:35 am, the ebb is turning by the time we leave. In years past, we pulled down to Pier 27 and did a left turn to Treasure Island to take advantage of the end of the ebb. But this time, with slack so soon after our departure, we head directly east of Alcatraz for Richmond.

We're in smooth water and warm air as the flood takes hold of us. We come abreast of Angel Island as the sun bursts over the East Bay hills. Renée is pulling well and tends to be in the lead by a few boat lengths or more.

We pass under the Richmond San Rafael Bridge at 7:30 am, which may be a record, round Point San Pablo in perfect flat waters and enter San Pablo Yacht Harbor for a bodily functions break. We depart at 8:25 am. The tide is good so we don't tarry.

We cruise across San Pablo Bay still on a much-appreciated flood. It's glassy water, until the glassiness is broken for a moment by a sturgeon that shoots

straight up, pirouettes on its tail, and slaps back down.

Traveling at about five knots, we slip under the Carquinez Strait Bridge at 11:12 am and tie up in Benicia at 12:05 pm. A motor-yacht next to us takes on \$400 of diesel. Wow, rowing is a real bargain! Depart at 12:20 pm. The tide, together with a 7-knot breeze, pushes us like a melon seed through Carquinez Straits.

Pass under the new, graceful, almost completed span of the Benicia Bridge at 12:45 pm. All the buoy markers show a helpful flood, which brings the conversation in the Hughes to talk of the Earth and its moon. Grant reports that a Fox TV program suggested the U.S. never put a man on the moon and we wonder how far away it is. John phones his fiancé, Alexandra Rudashevskaya who, a few minutes later reports: The moon's diameter is 3476 kilometers; the Earth's diameter is 12,756 kilometers. The distance from the Earth to the moon is 384,403 kilometers. Light travels from moon to Earth in 1.3 seconds. Now, if all that were in nautical miles we might relate!

The speed of moonlight may be a little faster than the Hughes and Austin, but, if we're allowed a little conceit, it's not a whole lot faster. We round the corner into Collinsville and pull into the dock at 3:57 pm with hours of daylight left.

*Today's statistics. Distance traveled: 41.8 nautical miles. Moving time: 10 hours 20 minutes. Average speed while moving: 4.2 knots. Maximum speed: 7.3 knots.*

Corinna Witt has brought Lou Marcelli and Cynthia Coppi to Lou's childhood home in Collinsville, known as the Romani House. Soon, pasta and salad are served. Lou's cousins, or a small fraction of them, join us for the delicious feast.

*(continued on next page)*

MY SACRAMENTO ROW

by Renée de Cossio

*(Dedicated to Edward de Cossio Sr. and Phil Kohlenberg)*

In the darkness of Aquatic Park, just seconds after launching the Gladys Austin, I realized I had forgotten my food supply for the self-powered voyage I had thought about for over 20 years. But I knew minutes mattered and there was no turning back. Less than 12 hours earlier we suspected high winds would prevent us from our Summer 2006 Row to Sacramento. It was a devastating thought. Fortunately, the early morning hours of August 5th, brought us calm waters and gentle air. I was not going to jeopardize the journey over some forgotten food. My cell phone would connect me with my father, who was "standing by" and who could meet us at one of our designated stops along the way.

Two and a half hours into the trip we pulled over at Point San Pablo. John offered me a weighty package of chocolate chip trail mix. Delicious! With not much time to spare, we were back on the water, rowing. I felt powerful and completely free of all the urban fences I often become so accustomed to. As we approached the Carquinez Bridge, I felt my first sense of rowing heaven.

From then on, I can only describe feeling a strange and permanent state of bliss. Until then, however, my adrenaline and thoughts of the "unknown" had kept me from feeling my usual, happy, rowing self. I did not quite know how to pace this row that my grandfather had done for twenty years and that my father and uncle had done numerous times, and that even my brother Joe had done at least once. I heard the stories and they weren't all pretty. But I always knew that I had to find out for myself.

Earlier that morning as we rowed out of darkness into light, the guys offered me a five minute rest on the hour every hour. I thought, sure I'll take it. But the time never really came; it was always far easier to keep rowing than to stop and rest. In all, the trip was never arduous—except during the second evening. *(continued on next page)*



At 10 pm we were still on the water heading up the Sacramento River under a ripe, full moon towards Freeport. Despite the moon's generosity, through my tired eyes the darkness seemed dense. Although I could not see Grant, I heard him say, "Hey Renée, we've got about a mile left to Freeport." Woo Hoo! Good news. Almost there I thought... let's cruise and push this boat home. Then, (maybe) ten minutes later I heard Grant's voice again, "Renée, sorry but I think we have two miles or so to go, not one." Oh, OK I thought. I have to regroup. I had just used up over a third of my rations of mental and physical powers and I faced the fact that I had to spread them out a bit further.

Adaptability is key here...no matter if one is on their eleventh or twelfth hour of rowing. I was not prepared for Grant's third and final remark, "Hey Renée, we actually have about three and a half to four miles before we reach Freeport." Four miles!! Four miles in a heavy single...ahhhh. That was the killer. It took everything I had. We had been rowing since 9:30 that morning with the exception of brief breakfast stop in Rio Vista, an afternoon swim break and a "Kortum-special, gourmet-dinner."

The Sacramento row brings "stories." It is just that kind of an experience. It is a venture into the unknown. Who really knows what Mother Nature is going to throw in one's way? Who really knows how one's mind, body and soul will comply? What we do know is that we have to humbly find a way to accept the consequences of being on not-so predictable waters in a self-propelled vessel. For me, the Sacramento row was an expedition, not a marathon. In fact, it was difficult to accept that the row was over when it was actually over. It felt all too soon and I know it sounds crazy, but I almost did not want it to end.

I am fortunate because once I discovered rowing, I wondered why I had waited so long. For me it is like walking or breathing... so natural. Perhaps my grandfather felt the same way. I wish I could ask him but he passed away when I was eighteen. I always knew of his rows and even knew him through his rowing; it was something he always did.

SUNDAY, AUGUST 6  
COLLINSVILLE TO FREEPORT

We arise in no great hurry to get on the water. It wouldn't be wise to fight the tide, or so we tell our sore selves. Renée wraps her wrist in an ice pack. Grant, the kid from Merced who professed to no fear of sunburn yesterday, scrounges for trousers, a long sleeved shirt, hat and sunglasses. "I'm more concerned with pain than death," Grant muses about his sunburn. "Do you have a choice?" asks Lou.

Décor of the Romani House kitchen seems to be ducks. Three stuffed ducks fly the walls, a plate on the kitchen wall shows puppies playing with decoys, and illustrated ducks fly through swamps. There are carved wooden ducks with ducklings, a decoy over the sink, and a twelve-inch cameo of a dog with a duck in its mouth. That's just in the kitchen. For a personal touch, the walls elsewhere are decorated with portraits of family, proud hunters, belted round with freshly shot ducks. More poignantly, there's the photograph of the tombstone of patriarch Luigi Romani with his favorite retriever sitting in wait.

For diversity, there are images of fishing trips. We see Lou standing in a boat load of freshly caught fish. As we eat breakfast, Lou tells of his father catching an 850 pound sturgeon during the Great Depression. His Monterey, built in Collinsville by Foccaracchi Boat Works, listed to one side from the weight of the sturgeon as it came into port. His father sold the 150 pounds of caviar for a dollar a pound and cut the rest up with a cross-cut saw. Good money back then!

We depart Collinsville at 9:20 am helped by a stiff westerly, maybe 16 knots, which pushes us upriver and kicks up two to three foot following seas. For a while, we keep in the lee of Chain Island for protection but are soon exposed. Renée plays the waves

beautifully while dozens of kite-surfers dance their kites in the sky.

Seas flatten as we round the corner into the river and we reach Rio Vista at noon. Because of the favorable tide, we forego the usual trip to the Stripper Café with its Chicken Fried Steak Platter for a slim-fast snack of coffee, a donut, and cold water, we depart at 12:40 pm and enter Steamboat Slough at 1:30. Jon ogles the locust trees along the shore, so near and yet so far from being boat timber.

We reach Hogback Island, a finger of land separated from the bank by a shady channel, at 3:05 pm. Time for a refreshing swim around the island—and a beer or two.

An Osprey flies overhead. We enter Sutter Slough at 4:33 pm with Renée significantly ahead. Jon explains that on the Hughes we have navigational duties, but Grant doesn't skirt the issue. "That's an elaborate excuse for being beat by a girl," he chides. Almost two hours later, the two boats raft up for dinner. Alexandra has packed dark Borodino bread, which we top with mustard and Latvian sardines. It's followed by cheese and dried cranberries, and blackberries picked earlier from the riverbank. Back on the water by 7:01 pm.

We pull into Sacramento River at 8:14 pm and dock beside a houseboat owned by Bob, a true river man. He's a snag puller in winter, keeping the river clear with his powerful 28 foot Army surplus boat that swings a 25 inch propeller. Depart 9:11 pm.

By now it's dark and the river is beautiful. Somewhere ahead beyond Sacramento there's lightning. "Ball lightning," Grant says, but it doesn't threaten us. We glide through the darkness. It's smooth and easy rowing, the oars and seats working back and forth with metronomic efficiency.





*A lone lady, Renee de Cossio, rows the 90 miles from the Dolphin Club to Sacramento single handedly—and handily out-rows the three men accompanying her. Photo: Sacramento Bee/Randall Benton.*

Then, in the Hughes, our near trance is stopped short as the boat suddenly bounces back downstream. We've hit a snag dead-on. There are moments of panic. Are we holed? Did we split a seam? No, the Hughes took it on the nose and lived.

There's a throbbing downriver. A giant crane barge emerges out of the dark to fill the river, followed by a tug and barge piled high with rock. This is the post-Katrina world where levees are constantly tended—and little wooden boats shouldn't get in the way.

As usual, Renée is ahead and docks in Freeport before the Hughes. It's 1:30 in the morning and she's been rowing alone for the better part of 15 hours, while the three big guys in the Hughes who've been rotating 40 minutes rowing, 20 minutes steering, are well behind. Renée, we are realizing, is simply remarkable.

#### MONDAY, AUGUST 7 FREEPORT TO SACRAMENTO

**A**t 8:00 am, we rise from our sleeping-bag slumber on the grassy ledge of the levee at the Freeport Marina and start bustling. Renée binds her left forearm in ice. We toss our bags in Eddie de Cossio's truck, thankful that we do not have to row them up river. We clamber down over the old barge that had once served as the marina office but is now virtually abandoned. Over the years we've slept on this levee, the barge has become ever more decrepit and now awaits its fate in some winter flood.

We depart Freeport at 9:11 am against the ebb and the river current, but a brisk breeze blowing up river gives us weary rowers a welcome push. This leg is always longer than we think  
*(continued on next page)*

In my eyes, rowing was a large part of who he was, besides his dancing and being from Peru. When I was growing up, the Sacramento row was one of those things that came along with a certain time of year. The difference between him and my father and me, is that my grandfather would not calculate the favorable tides and currents. He would just go. His incentive was often to make it to the Sacramento Yacht Club's fabulous Labor Day Dance.

My motivation was to experience an adventure I had only imagined through others. I was also motivated by my family's legacy. I was not ready to let those stories disintegrate. I wanted to add to them. I have nephews who need to know that this grand experience is for them, too. Being the first woman to row to Sacramento in a single rowboat is a nice perk that came along with accomplishing the 90 miles goal, but it is my grandfather whom I am most proud of. He was the first person to make the journey in a single rowboat and continued to row the





*Renée receives well deserved congratulations from Jon Bielinski on arriving in Sacramento.. Photo: Sacramento Bee/Randall Benton*

complete trip for twenty consecutive years. My father and uncle impressed me as well and paved my way. I also imagine those that had to row from San Francisco to Sacramento for utilitarian reasons. For now, I can say that it is just something we de Cossio's do—plus other annual Sacramento rowers like Kortum, Bielinski and our beloved Phil Kohlenberg, to name a few.

Throughout my journey, John Kortum, Jon Bielinski and Grant Mays were tops! They never for one minute expressed doubt. I always knew I could do it. Convincing others was more difficult. Not them, however. Those three distinct individuals comprised the "complete package." My father Ed and nephews Dean and Dylan eased my sense of disconnection with home by meeting us here and there along the way. Finally, if anyone has had the pleasure of a dinner or a stay at Lou Marcelli's birth home (our first night's stop in Collinsville), then they can say they've lived. Thanks to everyone. Now it's your turn.

it will be. Even though we stay close to the banks, the glide from each stroke is stunted. Any pause in rowing slips us downstream.

The discussion turns to whether to pull out at Miller Park, south of Old Sacramento, or row another hour to Discovery Park, past the confluence with the American River. Jon presents the choice to Renée, who responds, "I'm willing to push boundaries." We could have guessed. We're going up river the hard way.

All 1:10 pm, we pull past Miller Park where a man with a camera and giant lens proves to be Sacramento Bee photographer Randall Benton. Renée's modesty is about to be challenged by the paparazzi.

After threading our way under the bridges of Sacramento, we arrive at Discovery Park at 2:17 pm. As usual, Renée is a few boat lengths ahead. She has just made history: the first woman to row solo the 90 miles to Sacramento, as far as we know. And she did in just two and a half days!

*Total distance traveled: 89.9 nautical miles. Average moving speed: 3.4 knots. Moving time: 27 hours.*

Jon christens this row the "Storybook Row." "Everything fell into place," he says. "We caught the flood, we had a following breeze, everybody got along, it wasn't too hot or too cold, and the food was good. Couldn't be better."



## [ Dolphin Rowers Leave Wakes at Local Regattas! ]

It's a little known fact within the Dolphin Club that our rowers have been competing and placing in local regattas for years. I was taken aback, after I joined the club's board in 2006, when a fellow board member asked "Do we have a competitive rowing program?" The answer is yes! A small but growing group has been competing, placing and winning regattas all over the Bay Area and beyond.

I joined the club initially just to row with the Wieland crew in the triathlon against the South End. Then coach Greg LaRoche took six women athletes, five with little to no competitive rowing experience, and turned us into a winning crew with solidly based training. The Dolphin Club's competitive rowing program was reborn.

Four Barge Race championships later, we have more than 20 rowers who enter, compete and win local regattas and head races. Our two greatest assets are the Lake Merced boathouse and, the nucleus of our Wieland triathlon crew. The club's boathouse on Lake Merced, managed by former Olympic rower Jim Storm, houses flat water shells, some owned by the club, others by members. These lightweight shells, extending 24' and longer for singles and 30'+ for doubles, are designed for flat water rowing, not wind or extreme water conditions. Many of our flat water rowers joined the club to utilize the storage facility and to represent us at local races.

Our biggest recruiting tool is the Wieland. Thanks to the strong training program, the former Wieland crew, and the support from our long time open water rowers and Boat House Captains Phil Kohlenberg and Renée de Cossio, over the past two years we have tripled the number of Dolphin rowers competing in regattas and head races from Seattle, to Lake Tahoe to Sacramento, Petaluma and Catalina.

But competitive rowing is not new to the club. Long time shell rowers Gary Ersham, Dan McGill, Emily Roth, Diane Schatz, Neal Snyderman, and Jim Storm created the framework for the program as it is today. Many of them are well known within the local rowing community and still compete in local regattas.

Our rowers train together both on the Bay and at Lake Merced. Every month the club welcomes more new members who are interested in rowing and/or have rowed competitively in the past. The club's name is appearing at regattas and races more and more frequently. If you want to be a part of the program, send an email to [dolphinrowers@yahoo.com](mailto:dolphinrowers@yahoo.com) and we'll welcome you to our ranks.

—Racheal Perry

## North Tahoe Rowing Classic

JUNE 22, 2006

Racheal Perry & Corinna Witt/ Maas Double	8.75 NM	1:17.55	2nd Place
Renée de Cossi/Flyweight	8.75 NM	1:27.21	4th place
Charlie McIntyre/Flatwater Single	3.75 NM	0:37.10	2nd place
Dolores Meehan/Maas 24	3.75 NM	0:41.33	2nd Place

## Petaluma River Marathon/Half-Marathon

SEPTEMBER 3, 2006

Joe Abrams/Flatwater Single	Half Marathon	1:36.29	1st Place
Racheal Perry/Maas 24	Half Marathon	1:58.18	2nd Place
Renée de Cossi/Flatwater Single	Half Marathon	2:00.46	
Peter Brand / Aero	Half Marathon	2:01.16	
Gretchen Coffman / Aero	Half Marathon	2:05.07	
Dolores Meehan/Flyweight	Half Marathon	2:13.32	

## CYC Open Ocean (Catalina Crossing)

SEPTEMBER 9 - 10, 2006

Neal Snyderman/Aero	30.8NM	7:21.18
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## SERC 23rd Bridge to Bridge Regatta

SEPTEMBER 24, 2006

Racheal Perry/Maas 24	9.5 NM	1:49:13	
Neal Snyderman/Aero	9.5 NM	1:49:30	
Charlie McIntyre/Aero	5.25 NM	52:30	1st Place
Peter Brand/Aero	5.25 NM	56:08	2nd Place
Renée de Cossi & Tina Huebner/Dragonfly 2x	5.25 NM	1:01.46	
Mary Magocsy/Flyweight	5.25 NM	1:16:11	

## 2006 U.S. Masters National Championship

Charlie McIntyre/ Pocock Racing Shell	1000 Meters	00:04:09	5th place
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## 2006 FISA World Masters Rowing Championship

SEPTEMBER 7-10, 2006

Charlie McIntyre/ Hudson Racing Shell	1000 Meters	00:03:56	4th Place
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## TERMINOLOGY

**Open Water Shell:** A rowing shell specifically designed for rowing in open waters such as the Bay. The manufacturer in this area is MAAS in Richmond, CA. Open water shells are equipped with self-bailing devices and built with a more stable design to handle rougher water and wind.

**Flat Water Shell:** A rowing shell that is much less stable, more delicate and lighter than the open water design.

**Regatta:** Open water rowing race. Races are from 3 to 24 nautical miles. (Saltwater and large lakes)

**Head Race:** Flatwater rowing race, usually 3 miles.

**Sculling:** Rowing with an oar in each hand.

**Sweep:** Rowing with one oar in both hands.

**Erg:** In every rowers mind erg = hell. These are the funny machines in the boathouse with the flywheel on the end. They are essential in off-water training to practice form and technique as well as building cardiovascular stamina and rowing strength.



# A LETTER TO POLYWOGS

Dear Miserable Polywogs,  
That's you. All of you. But not Jim Morino, or Roland Demarais, or anyone else who joined the club before 1960. It's not your faults. There hasn't been an Initiation for the last nearly 50 years and you, poor polywogs, haven't had an opportunity to test your mettle.

Each year, as the water temperatures started to fall and autumn leaves began appearing, nailed to the doors and walls of the Dolphin Club. The announcements were headed "Proclamation," and at the bottom was a list of names. We arrived at the club on the day requested to find a greyhound bus waiting outside the clubhouse. Just as well. In the pre-freeway days, Los Altos was a long way into the hinterlands. While contemptuous long-time members sat up in the front of the bus, the initiates were directed to the back.

Few people lived in the Peninsula and Los Altos was a wilderness. So there were no strangers to watch as we clambered out of the bus and were ordered to strip down to a single piece of clothing by a bunch of courtiers dressed in burlap sacks and with mops as wigs. After that were marched through the forest, bumping into trees--and then the blindfolded boxing fights began.

As to what happened next, I am sworn to secrecy. Thankfully, the laws regarding torture and the humane treatment of neophytes have been strengthened. The years have dimmed the memory of the cries of pain and, once the blindfold was removed, the sight of blood, gore, and dismembered limbs. You polywogs just don't know how lucky you are.

Tearfully,  
Walt Schneebeil  
Dolphin



## Procla

On Sunday  
at the Shangri-la  
Los Altos, fifty or more  
undergone the rigor  
of the Initiation wil  
of the Royal D  
Reigning majestically  
at Shangri-la, King N  
and Queen Frida H  
ed-haired beauty, wil  
polywogs who have  
trespassed on  
those who survive  
barbeque steaks a  
prepared by Al I

By order of their  
Regina a





*In 1949, inductees Walt Schneebeli, third from left, Jim Morino, second from right, Roland Demarais, fifth from right, and Antone Gelardi, front row second from right, become bona fide Dolphins.*

*Center: Dolphin initiates party at Paradise Beach, Marin in 1950.*

*Bottom: Circa 1916, newly minted Dolphins sit at the feet of the Rex and Regina Neptunus and their accompanying courtiers.*



## nation

Oct 16th

enic Grounds  
dolphins who haven't  
ordeals of the Ritual  
ice the "justice"  
phin Court.

er their Royal Court  
tunus Jim Cronin  
mes his flaming  
eal out swift justice  
sed as dolphins and  
eir realm.

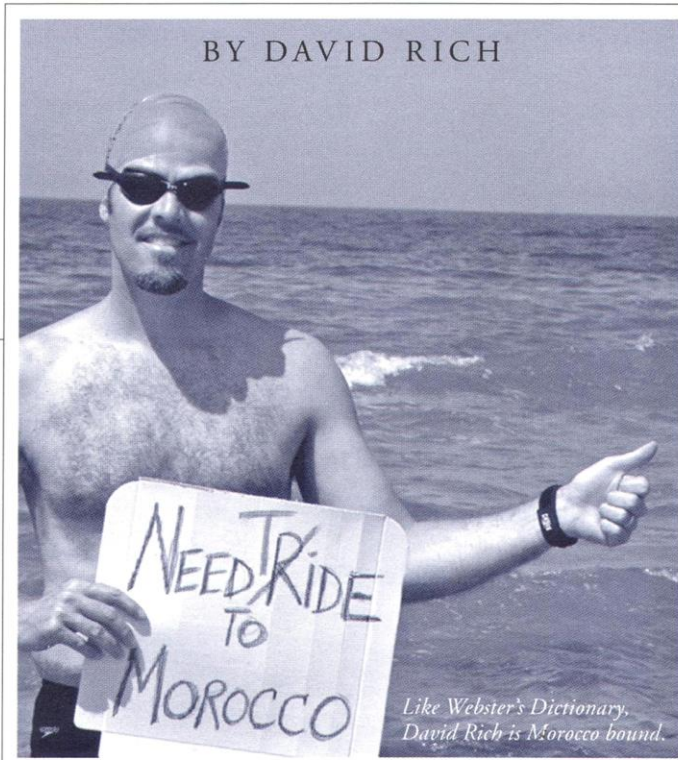
ordeals will feast  
all the trimmings  
and his crew.

yal Majesties,  
Neptunus Rex



# Swimming to Africa

BY DAVID RICH



*Like Webster's Dictionary,  
David Rich is Morocco bound.*

**W**ith white knuckles clutching the rail bar, I struggled to look over the side of the massive Strait of Gibraltar ferry as it banged up and down through the large swells and 40-mile-an-hour winds. Others on the deck looked pale and seasick. My family and I were sailing back to Spain from Morocco where we had spent the day sightseeing, waiting for the weather to turn. My goal was to swim the strait. But as water sprayed my body from the thrashing waters, I began to wonder if the winds would ever calm down long enough for me to fulfill my dream.

The Strait of Gibraltar, also known as the Pillar of Hercules, is framed on either side by two giant mountains—Gibraltar in Europe and Mt. Acha at Ceuta in Africa. While performing one of his Twelve Labors, the great Greek hero Hercules split a mountain range in half with his mace and so connected the Mediterranean with the ocean. Passing through these natural 'pillars,' uneasy ancient mariners would leave familiar seas for the unknown waters of the Atlantic. It was considered the end of the western world. "Sail too far," they warned. "And you drop off into the depths of hell."

I wasn't worried about hell but whether I would ever get a chance to attempt the roughly—and rough—twelve nautical miles across the strait, a swim I had been training for since January. When I arrived in the town of Tarifa in southern Spain five days earlier with my kids, Dillon and Camille, and wife, Noelle, an all too typical weather pattern was slamming 35-45 mile an hour winds and eight foot swells through the strait. Not for nothing is the Strait considered the windsurfing

capital of Europe. Each evening I would call the captain who organized my boat support, and each day the answer was the same: "maybe in a few days..." Many eager swimmers who come here never get the chance to cross.

There are other inhibiting factors, too. The strait is one of the busiest shipping channels in the world with 300 vessels sailing through daily. Okay,

we'll swim around them. The currents can reach a couple of knots and force a swimmer on a longer course just to make the Moroccan coast before he or she is swept into the Mediterranean. Okay, I'll stay in there as long as it takes. Hypothermia is not really an issue with water temperatures around 65 degrees Fahrenheit—I had been training in 58 degree water. Finally, the orcas that can frequent the Strait would be preoccupied further west with their favorite food, the bluefin tuna, so I won't be lunch for some large fish (not that they've ever attacked a swimmer). Just stop this wind!

Unexpectedly, on the eighth day the weather broke; it was dead still. But I happened to be two and a half hours away on a brief visit to Seville. We raced back. The following morning it was sunny with a light breeze. I rushed to the beach to check the waves.

What waves? Out of nowhere a fog bank had rolled in. We gathered up the family and my supplies and drove to the harbor to meet the captain. The closer we got the denser the fog became with only a few hundred yards of visibility when we needed a few miles. How ironic. I come all this way to Spain from foggy San Francisco and my swim could be canceled thanks to fog.



*David, foreground, is overtaken by the Gibraltar-Tarifa ferry. Inset, David, his wife Nicole and kids Camille and Dillon spent a lot of time sightseeing while waiting for the winds to drop.*



At 11:30 a.m. as we pulled out of the harbor, the wind pattern picked up slightly. I didn't care that the water was a bit choppy; I jumped in and started swimming. It felt good and I soon got into a fluid rhythm. Soon, however, I notice I was rolling a bit and having to thrust myself over the increasing four foot swells. After 45 minutes, some of the waves began breaking over me. The 30-foot guide boat was popping up and down like a cork, and I could see anxious looks on the captain and his assistant, but I didn't want to think about stopping, naively convinced things would get better as I banged through the waves. Then the captain did a rapid U-turn and I could see from the look on his face the swim was over. After an exchange on the worsening conditions, I dragged myself out, mentally and physically depressed. We'd have to wait for a better day. We should be so lucky.

The reports showed promise two days out on Saturday. For the first time in ten days, there would be westerly wind and waves, the ideal direction for the swim. Saturday arrived and it was beautiful with almost no wind. I raced to the harbor, leaving my family behind this time; I didn't want any more communal disappointments. I figured if I could get half-way across before the weather changed, I could make it. So, for the first two hours, I swam faster than my normal pace fearing the winds would return. I also fed less frequently than I had planned, which would have an effect later. I could see Morocco the whole way, which was both reassuring and frustrating. It looked deceptively close at times and I had to remind myself it was still miles away.

Past the half-way mark, I began to settle down a bit. My appeals to Santa Maria Della Buenos Aires (St. Mary of the Good Winds), to whom sailors pray for protection against bad weather, seemed to be paying off. The water was clear with rays of sunlight creating magnificent patterns deep into the ocean. I had expected to see some curious dolphins, but none appeared. There were a series

of tankers and cruise ships passing by. Two looked as if they were on a crash course with us and crossed fewer than 100 yards away. But I knew that ships were sent periodic updates on my position by the Tarifa Traffic Control.

As the sun blazed overhead, I pushed through a sluggish and light-headed feeling that was likely a result of my earlier lapses in feeding. Then, with the wind and waves starting to pick back up, I swam through the final westerly current into the rocky cove of Ahmjar Point in Morocco. After 5 hours and 5 minutes of swimming, I had completed my voyage into my own unknown across the Pillars of Hercules and, on July 22, became the 18th American to cross the Strait. The captain and crew signaled congratulations, and a rush of relief surged through me. After a fast and bumpy ride back to Tarifa, punctuated by pods of dolphins approaching our boat to offer what I'm convinced were congratulations, we pulled into the harbor. Even better was the sight of Dillon and Camille running to the end of the pier sending me victory signs and cheers. Tonight we would finally celebrate.

My heartfelt thanks go out to the Dolphin pilots and swimmers who offered support and encouragement in preparation for this swim. It's what makes this club great!





# 2006 FALL WARS



October is a critical month at the Dolphin Club when womanhood, manhood and everything in between is at stake. That is when we must face Nature, the adjacent adversaries, and our own fears. Our heroes (and theirs) are inscribed below.

## Dolphin/South End Triathlon

OCTOBER 14, 2006

### ROW RESULTS

PLACE/NAME/CLUB TIME

#### BARGE

1	DC: WEILAND	9:23
	A. Kyle, R. Perry, K. Cronin D. Meehan, G. Coffman, L. Atkins, Cox: P. Liefeld	
2	SE: HURLEY	9:40
	H. Cross, A. Kellogg, A. Kalhamer, S. Gerk, E. Glass, A. Sojourner, Cox: K. Pross	

Sub-total DC: 35 SERC: 0

#### MAAS PLASTIC DOUBLE

1	Kathryn Furano/ Diane Davis SE-20 pts	19:21
2	Racheal Perry/ C. MacIntyre DC-10 pts	20:06
3	M. Weissenberger/ Joe Abrams DC-5 pts	20:16
4	Jennifer Greene/ Andrea Kellogg SE	21:10

Sub-total DC: 15 SERC: 20

#### MAAS PLASTIC SINGLE

1	Nancy Rose SE-20 pts	22:21
2	Neil Snyderman DC-10 pts	23:05
3	Gary Ersham DC-5 pts	23:17
4	Jim Flack SE	23:29
5	Peter Brand DC	23:37
6	Kim Pross	24:54

Sub-total DC: 15 SERC: 20

#### VIKING DOUBLE

1	Rory Moore/Andrew Karcie SE-20 pts	24:34
2	John Mervin/Diana Schatz DC-10 pts	25:55
3	Peter Schamel/Dan McLaughlin SE-5 pts	26:17
4	T. Oppenheimer/ Eduardo Baranco DC	28:58

Sub-total DC: 10 SERC: 25



Weiland crew with a commanding lead over the other ladies. Photo: M. Keenan

#### HEAVY DOUBLES

1	Josh Young/ Paul Nordquist SE	31:45
2	Kurt Ribak/ Tom Wurm SE	25:13
3	Chuck Vogt/ Pete Leifeld DC	28:56
4	Athena Kyle/ G. Coffman DC	29:58

Sub-total DC: 5 SERC: 30

#### HEAVY SINGLES

1	Tom McInerney SE-20 pts	31:45
2	Joe Boone SE-10 pts	32:30
3	Grant Mays DC-5 pts	32:45
4	Ruben Hechanova DC	33:30
5	Rick Wheatley SE	39:30
6	John Blackman DC	43:45
7	Lyrinda Snyderman DC	47:15

Sub-total DC: 5 SERC: 30

**TOTAL** DC: 85 SERC: 125

### SWIM RESULTS

PLACE/CLUB/NAME/TIME	POINTS
1 DC/Steve Pratt 24.29	20
2 DC/Scott Haskins 24.34	19
3 SE/Stern Hank 24.51	18
4 DC/Bruckner Chase 25.17	17
5 SE/Brad Bini 25.37	16
6 DC/John Renko 25.57	15
7 SE/Julian Green 26.19	14

39 SE/Joe Butler 29.51	1
39 DC/Tim McElligott 29.57	1
40 SE/George Rehmert 30.00	1
41 SE/Gary Emich 30.08	1
42 SE/Owen O'Connor 30.18	1
43 DC/Duke Dahlin 30.22	1
44 DC/John Pelka 30.31	1
45 DC/Rick David 30.38	1
46 SE/Paul Weiss 30.40	1
47 SE/Dwight Duke 30.45	1
48 SE/Laurel Condro 30.56	1
49 DC/Rebecca Tilley 31.01	1
50 DC/Alex McJunkin 31.09	1
51 DC/Joseph Omran 31.15	1
52 SE/Victoria Stein 31.19	1
53 DC/Dave Rich 31.21	1
54 DC/Fred Stemmler 31.23	1
55 DC/Kate Coleman 31.29	1
56 DC/Vincent Huang 31.28	1
57 SE/Allison Kalhammer 31.30	1
58 DC/Laura Atkins 31.33	1
59 SE/Rick Wheatley 31.35	1
60 SE/Tom Linthicum 31.40	1
64 SE/Diane Shuster 31.44	1
62 SE/Mike Laramie 31.47	1
63 SE/Terry Horn 31.49	1
64 DC/Eric Shackelford 31.53	1
65 DC/Margaret Keenan 31.54	1
66 DC/Noelle Maylander 32.01	1
67 SE/Stephanie Gerk 32.15	1
68 DC/Bob Blum 32.20	1
69 SE/ Andy Field 32.22	1
70 SE/Susan Hopp 32.27	1
71 DC/Todd Oppenheimer 32.33	1
72 DC/Rick Avery 32.36	1
73 SE/Christa McNally 32.39	1
74 DC/Alex Volkett 32.44	1
75 SE/Jim Labrenz 32.48	1
76 SE/Kathie Hewko 32.52	1
77 SE/Joe Bracco 32.56	1
78 SE/EI Sharko 33.06	1
79 DC/Jennifer Lamers 33.28	1
80 DC/Les DeWitt 33.35	1
81 DC/Mary Alex-Needham 33.44	1
82 DC/Joe Illick 33.49	1
83 DC/Pete Neubauer 33.52	1
84 DC/Jay Adams 33.55	1
85 DC/Jamie Robinem 33.59	1
86 SE/Brenda Austin 34.02	1



87 SE/Johnny Diesel 34.04	1	23 SE/Owen O'Conner 52:10	1	Escape from Alcatraz Triathlon				
88 SE/Carl Weaver 34.07	1	24 DC/Ken Coren 52:42	1	OCTOBER 21, 2006				
89 SE/Sylvia Marino 34.14	1	25 SE/Rory Moore 53:22	1	PLACE/NAME/CLUB	SWIM	BIKE	RUN	TOTAL
90 SE/Dan Needham 34.21	1	26 SE/Laurel Condro 53:49	1	1 Joel Lanz SE	0:40	0:48	2:18	3:46
91 SE/Cat Haas 34.26	1	(1st woman)	1	(fastest swim/bike/run 1st time)				
92 DC/Piper Murakami 34.31	1	27 DC/Elizabeth Bartron 54:01	1	2 George Rehmet SE (2nd time)	0:43	0:48	2:28	3:59
93 DC/Lorna Newlin 34.35	1	28 SE/Rick Major 54:53	1	3 Ian MacLean DC (5th time)	0:48	0:51	2:28	4:07
94 DC/Mark Gostin 34.38	1	29 DC/Tom Keller 55:17	1	4 Sean McFadden DC	0:40	0:50	2:56	4:26
95 DC/Ken Coren 34.42	1	30 DC/Bruckner Chase 55:17	1	(4th time/1st male cruiser)				
96 SE/Jim Hentz 34.48	1	31 DC/Gretchen Coffman 55:38	1	5 Cedric Barringer DC (1st time)	0:51	1:01	2:36	4:28
97 SE/Susan Herder 34.52	1	32 SE/Gary Agular 56:51	1	6 Bill Hadley DC (4th time)	0:51	1:01	2:50:22	4:42:22
98 SE/Kaeti Bailie 34.57	1	33 SE/Mark Remier 57:02	1	7 Anthony DuComb DC (12th time)	0:58	0:55	2:49:23	4:42:23
99 SE/Trudy Molina 35.00	1	34 DC/Mickey Lavelle 57:08	1	8 Laurel Condro SE	0:50	0:59	3:06	4:55
100 SE/Bill Wygant 35.19	1	35 DC/Rebecca Tilley 58:42	1	(1st Woman; 1st female cruiser)				
102 Anna Sojourner 35.23		36 DC/Naphtali Offen 59:52	1	9 Rebecca Tilley DC (6th time)	0:46	1:01	3:15	5:02
103 DC/Cheryl Wallace 35.3		37 DC/Chuck Voat 60:07	1	10 Tom Linthicum SE (11th time)	0:46	1:00	3:24	5:10
104 DC/Naphtali Offen 35.34		38 SE/Michael McPartian		11 Owen O'Conner SE (3rd time)	0:41	1:19	3:15	5:15
105 SE/Norman Davis 35.42		60:27	1	12 Sunny McKee DC (12th time)	0:47	1:04	3:41	5:32
106 DC/Mark Lubiszewski 35.59		39 SE/Marie Bechhoefer 61:34	1	13 Tim McElligott DC	0:41	1:14	3:39	5:34
107 DC/Pete Perez 36.01		40 SE/Bob Mammone 61:36	1	(1st time - youngest competitor)				
108 DC/Keith Nowell 36.04		41 SE/Mike Laramie 62:05	1	14 Mike Webb DC (17th time)	0:47	0:58	3:49	5:35
109 DC/Robin Rome 36.14		42 SE/Andy Field 62:08	1	15 Stephen Anderson DC (3rd time)	1:06	1:08	3:28	5:42
110 DC/Emma Huckabay 36.15		43 SE/Susan Herder 62:37	1	16 Naphtali Offen DC (7th time)	1:07	1:02	3:34	5:43
111 SE/Kathy Bailey 36.26		44 DC/Boris Rosenberg 62:45	1	17 Jon Nakamura DC (17th time)	0:42	1:04	4:06	5:52
112 SE/Bob Mammone 36.35		45 DC/Ted Tilles 63:34	1	18 Mickey Lavelle DC	0:42	1:28	3:43	5:53
113 SE/Elizabeth Glass 37.04		46 SE/Bob Giebler 63:45	1	19 Andy Field SE (19th time)	1:02	1:22	3:34	5:58
114 SE/Courtney Clarkson 37.58		47 DC/Margaret Keenan 63:48	1	20 Keith Nowell SE (17th time)	0:56	1:08	4:03	6:07
115 DC/David Lokshin 38.06		48 DC/Unidentified 64:04	1	21 Gina Rus DC (12th time)	0:48	1:05	4:19	6:12
116 SE/Peter Weverka 38.35		49 DC/John Mervin 64:05	1	22 Adriana Lucero SE (1st time)	1:02	1:07	4:06	6:15
117 SE/Tina DiRienzo 39.04		50 SE/Janet Franklin 64:00	1	23 Kathy Bailey SE (2nd time)	0:55	1:08	4:29	6:32
118 SE/Jean Duncan 39.58		51 SE/Brenda Austin 64:20	1	24 Brenda Austin SE (1st time)	0:53	1:24	4:26	6:43
119 SE/Linda Nowell 40.41		52 DC/Eric Shackelford 64:30	1	25 Susan Herder SE (2nd time)	0:53	1:24	4:26	6:43
120 SE/Ron Avignone 41.26		53 SE/Susan Hopp 64:50	1	26 Carlos Ramirez SE (1st time)	0:52	1:25	4:29	6:46
121 SE/Susan Petro 41.33		54 SE/Paul Wheasley 64:53	1	27 Michael Coyne DC (1st time)	1:12	1:08	4:26	6:46
122 DC/Mary Cantini 42.14		55 SE/Jon Paul 65:05	1	28 Mary Cantini DC	1:08	1:22	5:05	7:35
123 DC/Paul Brady 43.56		56 DC/Noelle Maylander 65:50	1	(19th time/oldest competitor)				
<b>TOTAL</b> DC: 135 SERC: 155		57 DC/Delores Meehan 65:51	1	29 Rey Hassan DC (1st time)	1:03	1:27	5:51	8:21
<b>RUN RESULTS</b>		58 SE/Alisou Saylor 66:19	1	30 Erik Burke DC (completed bike and run)				DNF
Distance: 7 Miles R/T to Ft. Point		59 DC/Racheal Perry 66:29	1	RELAY TEAMS				
PLACE/CLUB/NAME/TIME	POINTS	60 SE/Katherine Lowe 66:34	1	1 DC: Joe Illick, Vincent Huang, Andrew Schwab				4:11
1 SE/Joel Lanz 39:32		61 SE/Cat Haas 67:20	1	2 DC: Dean Badessa, Noelle Maylander, Ken Coren				4:52
(1st man)	20	62 SE/Laila Kaiser	1	3 DC: "Flying Blondies"—Margaret Keenan, Robin Rome, Gretchen Coffman				5:16
2 DC/Ian MacLean 40:40	19	63 DC/Duke Dahlin 67:26	1					
3 DC/Erik Burke 42:02	18	64 SE/Kathy Bailey 67:27	1					
4 SE/George Rehmet 42:17	17	65 DC/Will Powning 67:30	1					
5 DC/Andrew Schwab 42:53	16	66 DC/Robin Rome 68:20	1					
6 SE/Griff Behncke 44:23	15	67 DC/Madhuri Yechuri 68:43	1					
7 SE/Russ Kiernan 42:25	14	68 SE/Heather Ross 69:40	1					
8 SE/Tom McInerney 44:37	13	67 SE/Christa McNally 69:41	1					
9 DC/Bill Hadley 45:25	12	70 SE/Elizabeth Glass	1					
10 DC/Anthony DuComb 46:30	11	71 SE/Jim Novello 71:50	1					
11 DC/Phil Reiff 46:50	10	72 SE/Jim Silla 71:51	1					
12 DC/Rick Murray 47:21	9	73 DC/Pete Neubauer 72:47	1					
13 DC/Chris Kelley 48:22	8	74 SE/Patrick Cunneen 73:12	1					
14 DC/Sean McFadden 48:59	7	75 SE/Andrea Kellogg 73:18	1					
15 DC/Jamie Robinson 49:35	6	76 DC/Gary Ehram 73:25	1					
16 DC/John Ottersberg 49:50	5	77 DC/Era Isibe 73:55	1					
17 DC/Tim McElligott 51:09	4	78 SE/Dan McLaughlin 79:48	1					
18 SE/Tom Lithicum 51:16	3	79 SE/Bill Wygant 79:50	1					
19 SE/Bob Phillips 51:17	2	80 SE/Unidentified 79:55	1					
20 DC/Rick Avery	1	81 DC/John Renko 83:46	1					
21 DC/Roger Hensen 51:27	1	<b>TOTAL</b> DC: 154 SERC: 117						
22 DC/Martin Zeleznik 51:42	1							



# DOLPHIN LOG SWIM STATISTICS

## SWIM COMMISSIONER'S REPORT

[ 23 Skidoo—Catch ya later South End ]

**T**he number 23 has enjoyed integral significance throughout its career.

- 1) There are 23 pairs of human chromosomes.
- 2) On the 23rd of April, 1616, both Shakespeare and Cervantes gave up their lease on life to buy the farm.
- 3) 23 graced the back of Michael Jordan, his airness, and still hangs from LeBron James, his heirness.
- 4) Psalm 23, "The Lord is my Shepherd", is possibly the best known Psalm (despite Bono's efforts with #40).
- 5) 100 years ago, the expression "23 skidoo" meant, "Catch you later!" Its origins are still a mystery.

Why do I bring this up? To what do I refer? If you were there, and you most certainly should have been there, you would know that our club can now contribute a profound member into the above pantheon of numerical lore. In fact, I believe that we can say 23 skidoo to number five above in order to make way for the new fifth entry for 23, the difference between our point total in the DC/ SE triathlon and that of our neighbor's. We were on the shady side of that difference, unfortunately.

Yes, the SE got our number, 397 to 374. However, there were some great highlights. First among them must be the perennial favorite, the ladies' barge race. I witnessed first hand the symphony of oars playing in victorious concert from the Rock to the cove opening. The SE did beat us in the rowing event overall as their rowers punted us around in the other categories of boat.

We need more oars in the bay! We've got the fleet and rowing expertise for you to find yet another way for you to enjoy your club. Come on down and check it out. The swim event was just about even, with the SE edging us out by twenty points. Our next door neighbors had a slightly bigger field of wake-makers, 65 to 58 swimmers, but it was the top twenty that made the difference. Though we took the top two (way to go Steve-o n' Scotty!) and four of the top six (Bruckner and new 'phin Renko!), the SE had many more top twenty points. We did win the run, proving Darwin's theory that water creatures could make the transition to terrestrial success. Most noticeable about the run was that many 'phins quickly towed off, slipped on their sneaks and hoof it to Fort Point and back. Next year is our turn to host, so we hope that we have a great turn out once again to put on another great showing and sumptuous after-party. Next year, let's tri to get everyone out there.

—Tom Keller

## Crissy Field Swim

JULY 9, 2006

1. Suzanne Heim-Bowen	41.12
2. Steve Pratt	42.53
3. Cory Ferrara	44.31
4. Todd Walsh	45.22
5. John Ottersberg	46.22
6. John Selmer	46.45
7. Laura Burch	48.05
8. Amber Rhett	48.13
9. Nigel Killeen	49.27
10. Karen Boyer	51.05
11. Sean McFadden	51.28
12. Keith Gray	51.34
13. Ralph Wenzel	51.46
14. Andreas Kohler	52.15
15. Alex McJunkin	54.50
16. Rebecca Tilley	54.54
17. Joe Omran	55.03
18. Jim Barron	55.52
Keith Nelson	55.52
20. Kate Coleman	56.21
21. Rich Avery	57.27
22. Jennifer Lamers	57.56
23. Andy Stone	58.37
24. Gina Rus	58.58
25. Bob Blum	59.29
26. Hugh Kim	60.32
27. Greg Hicks	60.37
28. Dean Badessa	60.52
29. Pete Neubauer	61.20
30. Nancy Horner	61.29
31. Mary Alex-Needham	62.17
32. Jonathan Nahrgang	62.20
33. Ken Coren	62.37
34. Susan Cobb	62.50
35. Lorna Newlin	64.13
36. Naphtali Offen	66.09
37. Anne Sasaki	66.35
38. Debbie Rose	71.10
39. Will Powning	75.09
40. John Theede	75.09
41. David Lokshin	75.48

## Pilots

Ray Artigues, Marcus Auerbach, Jim Barron, Jon Belinski, Jim Frew, Ed de Cossio, Marcia Grimm, Gail Grynbaum, Don Harrison, Brian Herrick, Margaret Keenan, Candace Kelly, Phil Kohlenberg, Tom Kuglen, Susan Laritzen, Harry Louie, Mark Lubizewski, Monica Towers, Diane Walton, Tom Vaughn, Bob Weil, David Zovickian

## Helpers

Laura Atkins, Rick Avery, Keith Gray, Sue Garfield, Pat McGarvey, Keith Nelson, Jonathan Nahrgang, Pete Neubauer, Lorna Newlin,

Hal Offen, Pavla Podolska, Steve Pratt, Phil Rollins, Robin Rome, Gina Rus, Andy Stone, John Theede

## Bay Bridge Swim

JULY 16, 2006

1. Suzanne Heim-Bowen	45.02
2. Cory Ferrara	46.55
3. John Ottersberg	47.22
4. Amber Rhett	50.28
5. Laura Burch	50.28
6. John Selmer	50.30
7. Nancy Lewis	51.02
8. Nigel Killeen	53.48
9. Keith Gray	55.20
10. Ralph Wenzel	55.35
11. Bob Lowney	56.05
12. Andreas Kohler	56.34
13. Keith Nelson	57.31
14. John Bacamelli	58.50
15. Rebecca Tilley	59.10
16. Jim Barron	59.48
17. Kate Coleman	59.49
18. Neal Powers	61.27
19. Rick Avery	61.41
20. Becky Fenson (b'fly!)	61.42
21. Andy Stone	61.43
22. Laura Merkl	62.00
23. Todd Oppenheimer	62.34
24. Gina Rus	63.10
25. Bob Blum	63.30
26. Jennifer Lamers	64.35
27. John Mattox	64.36
28. Dean Badessa	66.18
29. Joe Illick	66.19
30. Nancy Horner	66.23
31. Pete Neubauer	66.54
32. Greg Hicks	67.20
33. Ken Coren	68.41
34. Jamie Robinson	69.00
35. Robin Rome	71.27
36. Mark Lubizewski	74.08
37. Lorna Newlin	77.25
38. Mary Cantini	78.30
39. Will Powning	80.40
40. John Theede	Almost

## Hurrah for the Pilots

Jay Adams, Susan Allen, Ray Artigues, Marcus Auerbach, Jon Belinski, John Blackman, Karen Boyer, Paul Brady, Barbara Byrnes, Rich Cooper, Rodes Fishburn, Jim Frew, Gail Grynbaum, Don Harrison, Ruben Hechenova, Barbara Kavanagh, John Latta, Mark Lubizewski, Robert Mackey, Mark McKee, Sunny McKee, Dan Osborne, Steve Pratt, Neil Snyderman, David Zovickian



# DOLPHIN LOG SWIM STATISTICS



An Over 60 swimmers moment before their annual ordeal. Photo: Colin Gift

## Helpers

Rick Avery, Bob Blum, Kate Coleman, Pam Derks, Keith Gray, Suzanne Heim, Nancy Horner, Krist Jake, Steve Lathram, Pat McGarvey, Piper Murakami, Jon Nakamura, Pete Neubauer, Lorna Newlin, Mimi Osborne, Neal Powers, Will Powning, Phil Rollins, John Theede

## Over 60 Brunch n' Cove Swim

AUGUST 13, 2006

### Course of the Commodore

1. Walt Schnebeli	9.21
2. Lou Marcelli	9.50
3. Bob McKenzie	9.52
4. John Davies	10.30

### Modest Course

1. Bob Daniels	16.18
2. Loretta Madden	17.55
3. Jack Bettencourt	18.00
4. Sid Hollister	18.02
5. Dan McGill	18.43
6. Noel Frelicot	20.30
7. David Broadbear	20.33
8. Keith Weaver	22.08
9. Ray Artigues	22.42
10. Rudy DeMay	23.04
11. Don Reid	25.28
12. Ed de Cossio	27.53

### Extended Course

1. John Selmer	16.55
2. Jim Hulihan	18.09
3. Dan Osborne	18.10
4. Susan Allen	18.27
5. Kate Coleman	18.54
6. Pete Neubauer	20.32
7. Rich Cooper	20.37
8. Joe Illick	20.40
9. Scott Anderson	20.41
10. Krist Jake	20.46

11. Wendy Smith (Perth, Australia)	21.37
12. Keith Howell	21.48
13. Noel Turner	23.04
14. Phil Fernandez	25.06
15. Rich Livingston	26.04
16. Chuck Vogt	27.08
17. Joe Cowan	27.49
18. Pete Bianucci	28.21
19. M.L. Hirshfield	31.31
20. Peter Butler	32.11
21. Sarah McCuskey	33.05
22. Mimi Osborne	35.31

## Pilots

Jay Adams, Dean Bedessa, Barbara Byrnes, Nancy Cutler, Rodes Fishburne, Emma Huckabay, Pete Perez, Alvin Wong

## Helpers

Mary Alex-Needham, Laura Atkins, Bob Blum, Nick Blum, Karen Boyer, Kate Coleman, Paul Davies, Suzanne Heim-Bowen, Gail Grynbaum, Liam Hennessy, Greg Hicks, Tom Keller, Marla Magowen, Pat McGarvey, Laura Merkl, Lorna Newlin, Pavla Podolska, Phil Rollins, Gina Rus, John Theede, Ted Tilles, Noel Turner

## Fort Point

AUGUST 20, 2006

(w = wetsuit; f = fins)

1. Steve Pratt DC	61:53
2. Amber Rhett DC	72:10
3. Daren Connelly SE	79:40
4. Andreas Kohler DC	81:40
5. Neal Rayner DC	82:22
6. Dan Boyle SE	83:23
7. Ali Hall SE/DC	84:40
8. Sue Free SE	86:23
9. Jessica Sullivan SE	87:45

10. Pam Derks DC	87:50
11. Julie Wahlig SE (w)	88:48
12. Barry Maguire SE	88:50
13. Nigel Killeen DC	89:10
14. Sean McFadden DC	92:30
15. Joel Lanz SE	93:40
16. Tim Harwood DC	94:42
17. John Racanelli DC	96:50
18. Tanny Bauman SE	96:54
19. Mary Louise Schmalz SE (w/f)	97:09
20. Johanna McShane SE (w)	97:48
21. Laura Merkle DC	98:17
22. Neal Powers DC	98:40
23. Tracy McCormick SE (w)	98:58
24. Gary Goldman SE (f)	101:44
25. Pat McGarvey DC	101:55
26. Diana Craig DC/SE (f)	102:20
27. Todd Oppenheimer DC	102:40
28. Gina Rus DC	103:37
29. Bob Blum DC	104:48
30. Kristine Buckley SE	105:37
31. Les Dewitt DC	106:32
32. Pauline Yeckley SE	107:35
33. Marc Brandt SE	107:36
34. Rick Avery DC	108:04
35. Jennifer Lamers DC	108:30
36. Joe Omran DC	110:50
37. Dean Badessa DC	111:18
38. Jim Moore DC	116:40
39. Anna Sojourner SE	116:44
40. Trish Nee SE (f)	116:58
41. Brenda Austin SE	117:00
42. Jim McCormick SE	123:20
43. Gary Aguiar SE	125:22
44. Naphtali Offen DC	125:34
45. Rey Hassan DC	126:09
46. Susan Petro SE	132:40

## Assisted

Pete Neubauer DC  
Jamie Robinson DC  
Mary Cantini DC  
Bill Hadley DC  
Will Powning DC  
Joanne Desmond SE  
Elizabeth Glass SE

## DC Pilots

Gary Ehrsam, Jim Frew, Ruben Hechanova, Marcia Grimm, Jackie Merovich, Bob Lowney, Cory Ferrara, John Blackman, Bob Danielson, Ed de Cossio, Toby Kohlenberg, Ian Maclean, Don Harrison, Ken Coren, Lorna Newlin, Barry Christian, Renée de Cossio, Susan Allen, George de Cossio, Emily Roth, Elizabeth Bartron, Tom Keller, Dan Osborne, Pete Bianucci, Marcus Auerbuch, Grant Mays, Margaret Keenan, Ray Artigues, Rodes Fishburne, Ralph Wenzel

## SERC Pilots

Bob Roeper, Gary Emich, Jon Meyer, Kathy Baily, Jerry Parmal, Bill James, Tom Lungren, Tom Wurm, Mary Magocsy, Rafe Goorwitch, Margo Freidsladt, Kim Howard, Dave Maloney, Joe Boone, Kim Pross, Palty Norman, Rory Moore

## Galley

Head Chef: Allyson Kalhammer  
Chili Gal: Robin Rome; Sous  
Chefs: Elizabeth Glass, Adriana, Piper Murakami, Nancy Friedman (and baked goodies), Karen Boyer, Laura Atkins, Debbie Rose

## Helpers

Marti Campbell, Rick Avery, John Theede, Mimi Osborne, Nick Blum, Paula Podolska, Rey Hassan, Jay Adams, Paul Davies, Will Powning, David Haskel, Jon Nakamura, Ian Maclean, Andrew Sullivan, Ralph Wenzel

## Joe Bruno Golden Gate Swim

SEPTEMBER 2, 2006

1. Steve Pratt	18.58
2. Cory Ferrara	19.13
3. Brian Herrick	21.59
4. Nigel Killeen	22.07
5. Karen Boyer	22.11
6. Bob Lowney	22.13
7. Keith Gray	22.17
8. John Racanelli	24.10
9. Jon Nakamura	24.25
10. Mickey Lavelle	24.44
11. Kate Coleman	25.41
12. Rick David	25.59
13. Bob Blum	26.03
14. Jim Barron	26.10
15. Andy Stone	26.33
16. Margaret Keenan	26.26
17. Dan Osborne	26.27
18. Nancy Cutler	26.46
19. Alex McJunkin	27.02
20. Joe Omran	27.34
21. Keith Nelson	27.52
22. Les DeWitt	27.52
23. Gina Rus	28.10
24. Laura Atkins	28.44
25. Jennifer Lamers	29.04
26. Joe Illick	29.35
27. Ted Tilles	30.24
28. Greg Hicks	30.35
29. Nancy Horner	30.48
30. Dean Badessa	30.54
31. Pete Neubauer	30.58
32. Mary Alex-Needham	30.58
33. Ken Coren	31.04
34. Jay Adams	31.10



# DOLPHIN LOG SWIM STATISTICS



Golden Gate swimming with dolphins: Alex McJunkin and Mary Alex-Needham.

35. John Mattox	31.56
36. Noel Turner	32.22
Johathan Nahrgany	32.22
38. Piper Murakami	32.31
39. Robin Rome	33.02
40. Lorna Newlin	33.12
41. Rodes Fishburne	33.18
42. Emma Huckabay	33.22
43. Mark Lubiszewski	33.39
Anne Sasaki	33.39
45. Pete Perez	34.39
46. Anthony DuComb	35.15
47. Rey Hassan	35.31
48. Conrad Liberty	36.46
49. Mary Cantini	38.41
50. Will Powning	38.52
51. Steve Lathram	39.05
52. Debbie Rose	39.54
53. David Haskell	41.42
54. John Theede	42.05
55. Sarah McCuskey	47.00
56. Sue Garfield	Almost

## Pilots

Ray Artigues, Marcus Auerbuch, Jon Bielinski, John Blackman, Rich Cooper, Ed de Cossio, George de Cossio, Kate Cronin, Gary Ehrsam, Ken Frank, Gail Grynbaum, Don Harrison, Neil Hartnett, Rueben Hechenova, Tom Keller, Andreas Kohler, Mary Magocuy, Storey Rafter, Lyrinda Snyderman, Tom Vaughn, Bob Weil

## Helpers

Nick Blum, John Davis, Les DeWitt, Cory Ferrara, Sue Garfield, Sam Green, Bill Hadley, Kathryn Harrison, John Horner, Keith Howell, Tristan Killeen, Bob Lowney, Harry Louie, Pat McGarvey, Bob Mackey, Mimi Osborne, Era Osibe, Phil Rollins, Megan Sullivan, Noel Turner, Connie Wellen, Darcy Wettersten

## Over 45 Swim

SEPTEMBER 16, 2006

1. Bob Lowney	18.28
2. Ralph Wenzel	18.37
3. Karen Boyer	19.18
4. Chris Keene	19.27
5. John Racanelli	19.35
6. Jon Nakamura	19.49
7. Micky Lavelle	19.16
8. Rick David	19.17
9. Andy Stone	21.18
10. Jim Barron	21.33
11. Conrad von Blankenberg	
Nancy Cutler	21.39
13. Bob Blum	22.12
14. Joe Illick	23.27
Pete Neubauer	23.27
16. Joni Beemsterboer	23.41
17. Dean Badessa	23.52
18. Marti Campbell	25.33
19. Pete Perez	25.37
20. Jackie Merovich	25.40
21. Emma Huckabay	26.23
22. Anne Sasaki	26.31
23. Steve Lathram	27.07
24. Katie Cronin	28.12

25. Michael Coyne	28.42
26. Roger Kleid	28.54
27. Mary Cantini	30.54
28. Paul Brady	32.12
29. Sarah McCuskey	34.31

## Pilots

Susan Allen, Ray Artigues, Rick Avery, Marcus Auerbuch, Rich Cooper, Ken Coren, Bob Danielson, Elizabeth Dennehy, Jim Frew, Don Harrison, David Haskel, Rueben Hechenova, Margaret Keenan, Dan Osborne

## Helpers

Dean Badessa, Nick Blum, Gary Ersham, Pat McGarvey, Greg Hicks, Gail Grynbaum, Krist Jake, Mimi Osborne, John Ottersberg, David Rich, Phil Rollins, John Theede

## Alcatraz a.k.a. Gas House Cove Swim

SEPTEMBER 24, 2006

What started out as a beautiful morning quickly turned into a foggy mess and an Alcatraz Swim from the Alma was changed to a Gas House Cove Swim. Many thanks to the pilots who rowed to Alcatraz only to be directed to Gas House Cove. Far more work than the swim. Praise the pilots!

1. Steve Pratt	19.13
2. Cory Ferrara	20.04
3. John Ottersberg	21.08
4. Laura Burtch	22.08
5. Bob Lowney	22.38
6. David Rich	22.38
7. Keith Gray	23.09
8. Karen Boyer	23.19
9. Tim McElligott	25.20
10. Margaret Keenan	25.36
11. Mickey Lavelle	25.58

12. Alex McJunkin	26.55
13. Kate Coleman	27.09
14. Joanne Desmond	27.09
15. Todd Oppenheimer	27.48
16. Nancy Cutler	28.01
17. Keith Nelson	28.10
18. Rick Avery	28.31
Bob Blum	28.31
20. Laura Atkins	28.32
21. Ian McLean	28.45
22. Dean Badessa	30.56
23. Jamie Robinson	31.38
24. Johnathan Nahrgang	31.45
25. Marti Campbell	31.56
Rodes Fishburne	31.56
27. Ken Coren	33.19
28. Peter Perez	34.07
29. Naphthali Offen	34.16
30. Mark Lubiszewski	34.18
31. Emma Huckabay	34.42
32. Anne Sasaki	35.33
33. David Haskell	39.13
34. David Lokslin	40.50

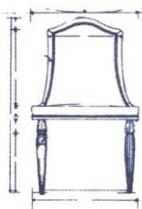
## Pilots

Susan Allen, Ray Artigues, Marcus Auerbuch, Eduardo Barranco, John Blackman, Barbara Byrnes, Barry Christian, Rich Cooper, Joe Cowan, Peter Darlington, Anthony DuComb, Jim Frew, Don Harrison, Neil Hartnett, Rueben Hechenova, Tom Keller, Dan Osborne, Al dela Pena, Meg Reilly, Gina Rus, Lyrinda Snyderman, Tom Vaughn, Erik VonBlankenberg, Jenny Von Blankenberg, Keith Weaver, Bob Weil, Darcy Wettersten, Dave Zovickian

## Helpers

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Aquatic Life  
at the Dolphin Club  
Paintings by Anne Sasaki  
Canessa Gallery  
708 Montgomery St.  
January 8-26, 2007  
Dolphin Club Preview  
Sun, January 7, 3-6 p.m.



O ur 2006 "swim program" has tapered down and we closed out the season with the Dolphin-South End and the Escape from Alcatraz triathalons. We have since been basking in one of the most spectacular "Indian Summers" I can remember. The sun rose this morning to a classic, crisp autumn day, and will set one hour earlier, ushering in the season of early morning light and night swimming.

As we heed Thoreau's admonition to renew ourselves completely each day; again, and again, "and forever again," we revel in the wisdom that comes with age, but dismay over the gradual but inevitable toll that time exacts upon each of our individual mortal vessels.

I, for one, have been around here for some time now, since the early 1980s. Long enough to have learned a thing or two, maybe. Maybe not. What is a long enough time to learn something? The New York Yankees have been around since 1901. They got some schooling this year. The Giants and the Dodgers? Since 1883; maybe, they'll learn about pitching soon. The Dolphin Club? Been here since a few months after General George Custer was taught a significant lesson.

I recall my early delight in being in the presence of some large and sterling personalities, the likes of which I had never seen in such great density. I also recall feeling the presence of the history of our place, as well as my mistaken impression that time had no meaning around here.

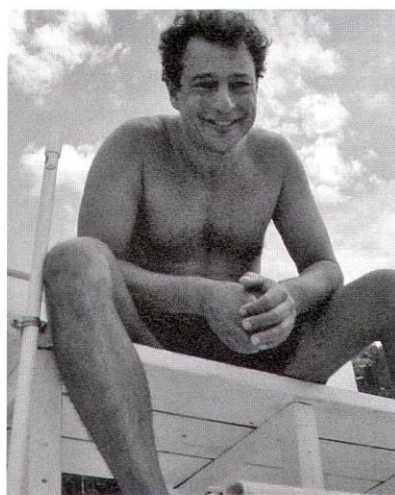
I showed up for the 1989 Alcatraz Swim and heard some commotion in the galley. One of those larger-than-life personalities, Herman Zahler, had unexpectedly "moved on to the next" while cooking up the post-swim oatmeal. He was only 68. I'd assumed he'd be around for a long time to come. I had been in no hurry to get to know this man that so many had spoken of so dearly, and I never did. I didn't want to let that happen again.

The Dolphin Club has attracted unique characters from its very beginning. This special place of ours continues to

## PRESIDENT'S REPORT

# DOLPHIN TIME

BY KEN COREN



feed the growth of that part within each of us that expands who we are, and who we become, as we share the privilege of being a part of this organization, this living organism that precedes, and will likely outlast, each and every one of us.

We have learned that by banding together, we are able to create a body greater than ourselves, a body that not only is able to transcend an individual's span of a few score, but more significantly, is able to grow in strength, depth, and vitality as the years move through centuries. Don Harrison and I were lucky enough to be able to pilot Joe Bruno on what was to be the last of his 61 Golden Gate crossings. Joe first swam the Gate before there was a bridge. His last breath was only two years ago. Our ability to reach through time runs in both directions.

During the past two years, I've been around here quite a bit. I showed up most every chance I could and got to work with a lot of good people. We have about 940 visions of the Dolphin Club, each with its own variation, most sharing common themes. Guided by the strong currents that have run for close to a century and a third, we get to share in the wild ride through our individual present and into the collective future.

During the past two years, we have lost some of our finest folks. Some with more fanfare than others. We have also had an influx of Dolphins who, by degrees, will emerge to broaden their, and our, lives as we ride in and on the live waters that make it all so special.

During the past two years, I have listened a lot. I have put in a lot of work, but most of it was supporting others who did far more than I. Some good things happened. Some things didn't happen at all, and hopefully that was for the good as well.

During the past two years as president of this unique and wonderful place, I have had an unparalleled opportunity to come to know my fellow Dolphins. More significantly, I have never before said "thank you" as much, or meant it more. Thank you all.





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& Boating Club  
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San Francisco, CA 94109

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## DOLPHIN CLUB SWIM & ROW SCHEDULE 2007

Jan 1	Mon, 9:15 am	New Year's Day Alcatraz
Jan 27	Sat, 9:30 am	Pier 41
Feb 11	Sun, 8:30 am	Handicap Cove
Feb 18	Sun, 1:00 pm	Old Timer's Lunch
Feb 25	Sun, 8:30 am	Pier 39
Mar 3	Sat, 2:30 pm	Gar Woods Tahoe Winterfest
Mar 18	Sun, 9:15 am	W.O.W. Triathlon n' BBQ
Mar 21	Wed	Polar Bear Swim Ends
Apr 15	Sun, 7:30 am	Yacht Harbor
Apr 29	Sun, 8:30 am	Spring Gashouse Cove
May 12	Sat, TBD	GG Bridge Rowing Relay
May 19	Sat, 9:00 am	Dick Beeler Crazy Cove
June 1	Fri	100-mile Swim Begins
June 10	Sun, 9:00 am	Over 60 Cove
June 23	Sat, 5:00 pm	Over 45 Twilight Gashouse Cove
July 7	Sat, 8:00 am	Bay Bridge
July 21	Sat, TBD	Trans Tahoe Relay
Aug 4	Sat, TBD	Santa Cruz Pier
Aug 5	Sun, TBD	Alcatraz Row
Aug 18	Sat, 8:15 am	Alcatraz
Aug 26	Sun, 8:00 am	Crissy Field
Sept 9	Sun, 8:00 am	Fort Point
Sept 22	Sat, 10:15 am	Joe Bruno Golden Gate
Sept 29	Sat, 7:30 am	Escape from Alcatraz Triathlon
Oct 27	Sat, 9:30 am	Dolphin/South End Triathlon
Oct 31	Wed	100-Mile Swim Ends
Nov 10	Sat, 4:30 pm	Pilot Appreciation Dinner
Nov 22	Thur, 8:30 am	Thanksgiving Day Cove
Dec 16	Sun, 9:00 am	New Year's Day Qualifier
Dec 16	Sun, 11:00 am	Christmas Brunch Party
Dec 21	Fri	Polar Bear Swim Begins

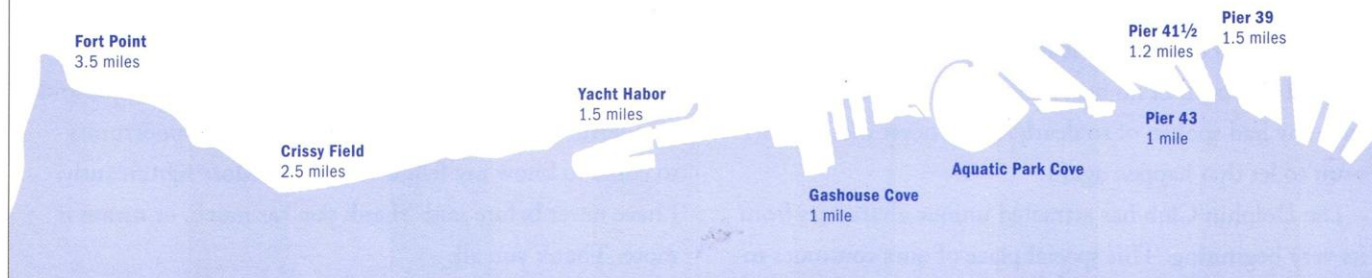
### ROWING TRAINING

On the these Saturdays  
beginning at 9:00 am:

January 20  
February 24  
March 24  
April 21  
May 19  
June 23  
July 21  
August 18  
September 22  
October 20  
November 24  
December 22

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commissioner.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.  
*Additional qualifications for Alcatraz and Golden Gate Swims*
10. In-town members must successfully complete two "qualifying" swims and one other scheduled swim and pilot or help on at least two others. (See bulletin board for details and updates.)
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. In swims that are qualifiers, nonqualified members will be given priority over swimmers who have already qualified for the Alcatraz/ Golden Gate.

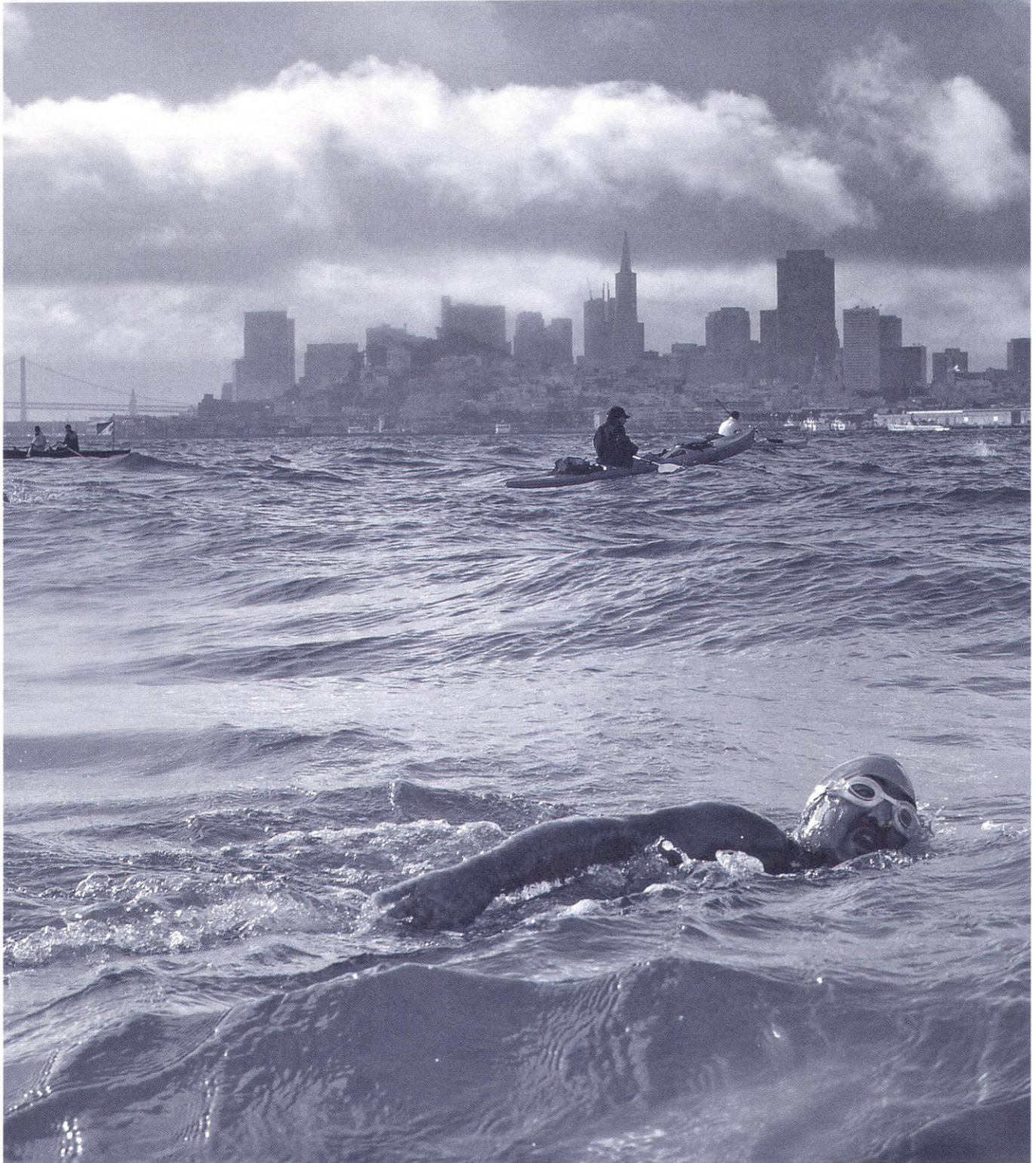




SPRING 2007

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

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Joe Omran takes on the elements.

Photo: Colin Gift

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Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

## Further FINA 'Phins

In the Fall 2006 Log I wrote that 18 Dolphins participated in the XI FINA (Federation International de Natation) World Masters Championships, held in the Bay Area from August 4-17, 2006. In fact, 26 Dolphins took part.

Karen Boyer (50-54 age group, who was first to inform me of my error and did the major research for this correction) swam the 50, 100, 200, 400, and 800 free, as well as in the 200 free relay, the 200 medley relay B, and the 200 medley relay A, where the team placed in the top ten. Cathy Huang (50-54) swam the 200 and 400 free, the 400 IM, and the 200 fly, in which she placed 5th. Susan Anson (65-69) swam the 50, 100, and 200 free, the 50 fly, and placed 6th in the 100 fly; she also was part of the 200

free relay and 200 medley relay. Although I reported that Susan Allen (60-64) participated in the meet, I failed to mention that she medaled in four events: the 400 and 800 free, 200 fly, and 400 IM. She also swam the 200 back, 200 free relay, 200 medley relay, and the open water event off the shore of Alameda.

Among the men I overlooked, Bruckner Chase (40-44) swam the 800 free just two weeks before leaving for the English Channel. Terry Horn (55-59) swam the 200 free, 200 fly, and 400 IM. Duke Dahlin sprinted through the 200 fly, 100 and 200 back, and 400 IM. Mike Garibaldi (60-64) swam the 50, 100, 200, and 800 free, as well as participating in the 200 free relay and playing on the undefeated, gold-medal-winning TriValley water polo team. Bob Fewster

(65-69) took on the 50, 100, 400, and 800 free, as well as the 200 medley relay, the 200 mixed medley relay, and the open-water swim. Glynn Jones (80-84) swam in the 200 and 400 free and on the 2nd-place 200 free relay.

I noted that Bob Danielson (75-79) participated but did not observe that he placed among the top ten in the 50, 100, and 200 back; he also swam in the 200 mixed medley relay and the 200 mixed free relay.

—Joe Illick

## Join the Yahoo Group

As you may or may not know the Dolphin Club uses a Yahoo! Group as a quick and easy way to communicate online with its members. We would love to have you join! It's free and it's easy. You can choose to receive



2007 Dolphin Club Officers (left to right, top row): Tom Keller, Ken Coren, Neil Hartnett, Racheal Perry, Rick Avery, John Ottersberg, Suzie Dods, and Joe Cowan. Board of Governors (l to r): Dolores Meehan, Drew Sullivan, Corinna Witt, Laura Atkins, Seth Katzman, Brian Herrick, Tom Kuglen, and Sunny McKee. Photos: Colin Gift



*The Kapuna, meaning the "wise old one" and the club's first Whitehall built in 17 years, was launched on November 5, 2006. Among those on hand were, from right, benefactor Peter Butler, chef to the building crew, Connie Wellen, and a chorus of costumed Tahitian and Hawaiian dancers. Photo: Colin Gift*



each email as it is sent or receive emails in a digest form. No formal advertising is allowed. The list is solely for the use of Dolphin Club members to announce its swimming and rowing events, including other club activities and happenings. You can use it to inform or query other members, look for a swim or rowing buddy, or to post a lost or found item. Send Suzie Dods (moxieswimmer@yahoo.com) or Rick Avery (rickaverysf@aol.com) your email address or a put note in Suzie's DC mailbox. You'll get an online Yahoo! Group invitation and you take it from there!

—Suzie Dods

## Understanding Water Temperature through Total Immersion

In the opening weeks of each New Year, water temperature becomes the central topic of conversation, if not debate, at the Dolphin and South End clubs. There's much confusion and disagreement on this matter. A review of the current knowledge is in order.

The temperature scales recognized most commonly throughout the world include Fahrenheit, Celsius (or centigrade, if you prefer), and Kelvin. However, we

Bay swimmers have our own temperature gradient, known as the Gelsius scale, or Delphinheit. The term Gelsius comes from gelid, as in "gleefully gelid." Delphinheit comes from delphin, the Latin for dolphin, according to scholar and chef Tom Keller. Some refer to Gelsius in the vernacular form—"chillsious," while some Italian speakers use the term "gelatograde."

The Gelsius scale takes into account the effects of "latent cold," a concept similar to "latent heat," which is used in mechanical engineering to explain the principles of refrigeration. Latent heat is the exchange of heat energy associated with a change of phase; that is, the energy absorbed or released from a material when it changes from gas to liquid or vice versa and blah blah blah...oh, just Google it. Similarly, latent cold occurs because we're actually swimming through ice; if the water is 50 degrees, half the water is below 30 Gelsius—the freezing point of brackish Bay water—and half is above 70. It's the frozen water that gets ya!

Conversion from one scale to another is fairly easy. For instance, you can convert

Celsius to Fahrenheit by multiplying degrees C x 1.8 and adding...oh, just Google it! To determine Gelsius from Fahrenheit subdivide by LS/MFT. Or just subtract 2. An important Gelsius number is absolute zero, which is the point at which all heat energy has left a particular body. Absolute zero Gelsius is a relative number as it represents the unsteady state at which all heat energy has left your body.

A variety of instruments are available to take the temperature of the bay. The digital thermometer on the Kebbe buoy (tied to the stern of the *Balcluttha*) registers Fahrenheit, as does Dr. Zovickian's darkroom thermometer. For accurate Gelsius temperature subtract approximately two degrees. Most temperature wristwatches register Gelsius, as does the rectal thermometer which has been in use lately, though the wristwatches are much less uncomfortable and therefore more popular.

When in doubt, listen to your body. The scrotometer, a measurement device attached to most male members which has been in use since long before the advent of digital technology, is very reliable and stands up under close scrutiny. If you think it's 47 degrees, then damn it, it is!

—Lee Hammack, B.S.

## Dress Like a Dolphin

Ever wished you could get your hands on a Dolphin sweatshirt or hat, but couldn't find anyone to exchange your cash for the goods? Getting Dolphin apparel and trinkets just got five times easier. Swim Commissioner Rick Avery's new five-member Apparel and Trinket Committee created two easy methods of getting your hands on 'phin paraphernalia. First, printed order forms and an order box will soon be prominently displayed in the Staib Room. Just fill out an order form and drop it in the box with your check. The box will be checked daily, and all orders filled. Just check with our beloved Commodore Lou the following day to pick up your order. Even easier, grab one of the Committee members—Rick Avery, Emma Huckabay, Paul Irving, Pete Perez, or Loretta Madden—and he or she will be able to fill your order on the spot. Also, check out the website at [www.dolphinclub.org](http://www.dolphinclub.org) for pricing information.



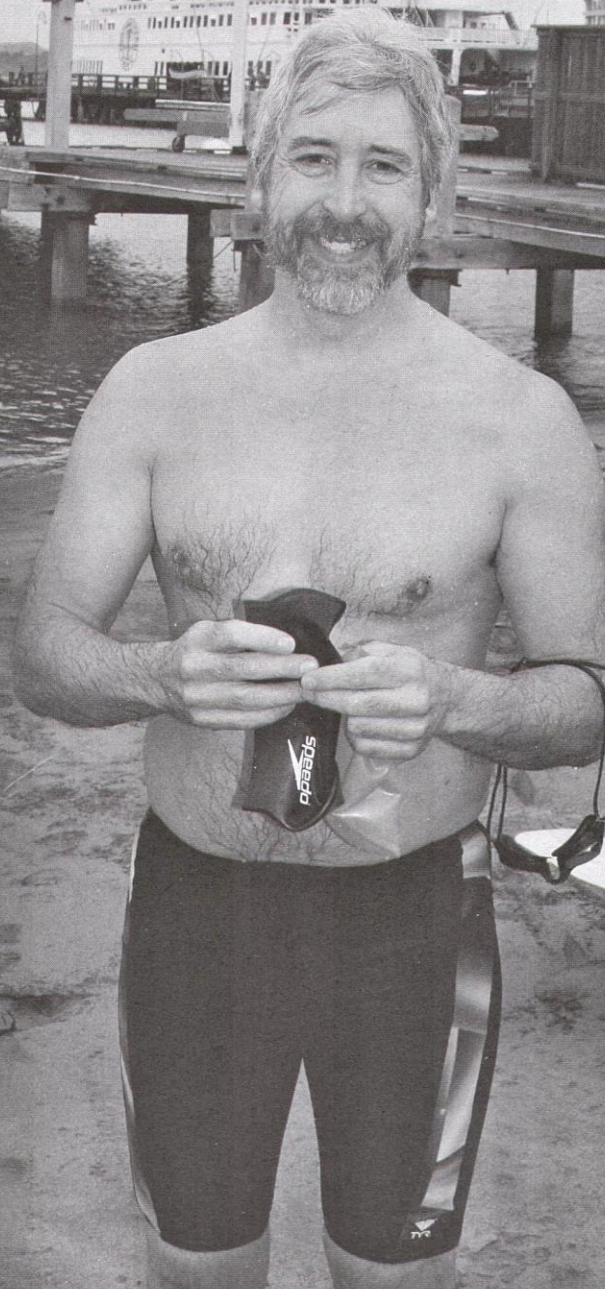
# Two Trickles of Sweat (OR DOUBLE DECUPLE DIPPING)

BY PETE PEREZ

**T**he Dolphin club is dark at five in the morning. As we walk from the entrance to the locker rooms, turning on lights when we can find them, we're wondering where everybody is. It is December 21st, the first day of winter, and the start of the Polar Bear swim. I check the men's locker room while Emma checks the women's. Nobody. The place is as quiet as a tomb. Good! I'm alone at the starting line! Well not quite alone; Emma is going to swim the first half-mile with me. Then she's got to go to work.

We snap our light sticks to life and weave them into our goggle straps. It's still pitch black outside as we walk down the steps to the beach. We enter the 51 degree water and in moments we're swimming side by side, heading for the flag—two florescent bands of light bobbing through the dark.

It's begun. Polar Bear is a challenge to swim 40 miles in cold water (typically, 55 degrees or lower) during winter. Within the Polar Bear are two competitions. The first is to swim the most total miles. The record is 356 miles, set by George Kebbe in 2004. The second is to be the "First to 40." Rick Avery set that record in 2005 by finishing the 40 miles in 11 days. I want to do it in 4 days.



Photos: Jay Adams



In fact, I'm the last person anyone would expect to be the First to 40. I'm a scrawny, 50 year old man—a slow swimmer who is consistently one of the last to finish a Dolphin swim event. On the New Year's Day swim last year, I took so long to finish that the last race official was walking off the beach with her folded chair as I came out of the water. But I have some advantages as well: I can stay in cold water longer than most, I have a comfortable swim stroke that is as easy as walking, and for the Polar Bear I have a cunning plan.

The "cunning plan" came about when, some months before, I realized that while a long swim was certainly hard on the muscles, tendons and joints, it was the exposure to the cold that really took it out of a swimmer. As a result, swimmers who took a long swim, and especially those who swam hard, were very often finished for the day. On the other hand, a short and easy swim was not tiring and the recovery was fast. Then it struck me that the swimmers who were competing for time and distance in the Polar Bear might be going about it in the wrong way. Instead of swimming as long as possible once or several times a day, would they do better with a series of short swims? If they never got too tired, and never lost too much body heat, could they keep going, perhaps all day? It seemed to me that they could. I started to think that maybe even I could too.

The idea was intriguing. The record of 11 days was less than four miles a day. With ample recovery time and rest between swims I was sure I could do five miles a day. That would be an eight-day Polar Bear. What if I did six miles...?

As the cold weather set in and the water temperature dropped, I set about doing some experiments. I wanted to know how long I could swim in cold water and still bounce back quickly in the recovery. I also wanted to know if multiple, back-to-back swims with full recovery would result in a cumulative effect that lengthened recovery time. To do this, I needed to establish a way to tell when my body had fully recovered from the cold, and I decided that the most reliable indicator was when the body began to try to cool itself.

So I took a series of swims of the same distance, followed by a three minute warm shower and a stay in the sauna until two trickles of sweat rolled down my forehead. The results:

At 57 degrees -

Four consecutive half-mile swims took 21, 23, 22 and 20 minutes with recovery in 18, 21, 20 and 17 minutes respectively

At 51 degrees -

Four consecutive half-mile swims took 20, 17, 19 and 20 minutes with recovery in 23, 25, 28 and 27 minutes respectively

At 51 degrees -

Two consecutive one-mile coves took 39 and 41 minutes with recovery in 42 and 43 minutes respectively

At 51 degrees -

Four consecutive one-mile swims took 38, 41, 37 and 39 minutes with recovery in 41, 50, 44 and 45 minutes respectively

There was no apparent cumulative effect on recovery time. Looking at the times for a full cycle of swim to recovery, I saw that the one-mile swims were more efficient—a greater distance/time ratio. But I felt dead tired after four one-mile swims. Not so with the half-mile swims; after four of those I felt fine, had lots of energy and could have easily gone in again. I calculated that there was enough time for 20 half-mile swims during the Dolphin Club hours of 5:00 am to 11:00 pm—when the sauna was available for recovery. That would be a four-day Polar Bear!

During these experiments, people began to notice me taking notes and re-entering the water. There was no avoiding the subject while in the sauna, but I needed to keep my rapidly developing plan a secret. If a faster swimmer tried the same thing, there would be no hope of my being First to 40. So I did what anyone would do—I lied. I said that I was interested in seeing if it was possible to become acclimated to cold water by taking several dips in a day, rather than the conventional one dip per day for 10 or so days. It worked for the most part, but always seemed to spark a sauna discussion. In one conversation someone even said that my study could change the way that people swim the Polar Bear. I quickly changed the subject and said something about muscle fatigue being the main obstacle.

I also considered routes. My favorite half-mile swim was to the cove opening

and back, but that would be neither the most efficient nor the safest route to take. Using a map of swim routes handed out at the start of the previous Polar Bear season, I decided on the route to the flag and back. That way if the current slowed the swim in one direction, it would help the swim in the other. It would also be easier to navigate at night since there are buoys along the way, plus, the shore would be nearby in case of a problem.

As December 21st approached, I finalized the plan. I did all my holiday shopping early and cleared my calendar from the 21st through the 26th. I bought supplies: a large thermos, extra ear plugs, Bag Balm, boxes of Gu, a huge can of Cytomax, and a dozen light sticks. The day before, I did my food shopping: bananas, oatmeal, tangerines, eggs, bread and everything to make a huge pot of chicken soup. I even bought a couple novels to read in the sauna.

*(continued on next page)*

#### **Twass' the Night Before Christmas...**

(From the Yahoo! Group email posted 12/24/06 by Rick Avery)

'Phins -

For those of you who have not been down to the club in the past several days, you probably won't believe what I'm about to write, but you will soon be a believer.

On Friday morning (12/22) when I arrived at the club, I took a gander at the freshly posted Polar Bear log sheets and noticed that there was a new member who had posted 10 miles next to his name. Clearly I thought as swim commissioner and reigning champion and record holder of the fastest to 40 miles, that I must talk to this fine gentleman and show him how a Dolphin correctly records ones miles. I knew that it was impossible to swim 10 miles in the cold unforgiving Bay waters and that this mistake must be fixed immediately.

Much to my surprise as I entered the Men's locker room and then sauna did I realize that this virgin polar bear had indeed swum 10 miles on the first day of the competition.

#### **First to 40**

Achieving Polar Bear greatness for the 2006/2007 Season

1. Pete Perez: 12/25/06 (4 days & 40 minutes)
2. Ralph Wenzel: 12/31/06 (11 days)
3. Sean McFadden: 1/5/07 (16 days)
4. Rick David: 1/6/07 A.M. (17 days)
5. Suzie Dods: 1/6/07 P.M. (17 days)
6. Nigel Killeen: 1/8/07 (19 days)

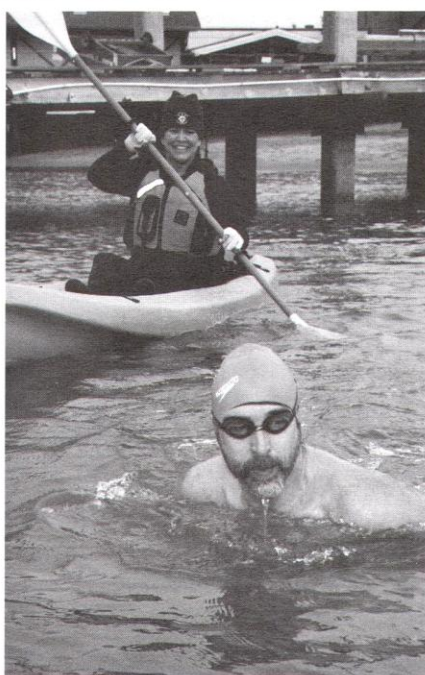


**N**ow, swimming the first lap on the first day, I'm glad the waiting is over. We'll see how it goes, and whatever happens is okay. My stroke is easy and efficient—more of a stroll in the water than a swim really. I'm swimming freestyle and won't switch strokes since that would mean using different muscles which would lead to warm blood moving from the core to those muscles and cold blood from the now unused muscles to the core. Conserving heat and energy is the name of this game.

After the first cycle, Emma heads off to work and I head off to the sauna. On the way I grab a tangerine and a cup of hot Cytomax from my food stash in a guest locker. I drink the Cytomax in the shower which lasts exactly three minutes. Then I dry off in the sauna, eat the tangerine, log my swim times in my notebook, and wait to get warm. Twenty minutes later, as the second bead of sweat runs down my forehead, I log the recovery time and head back to the food locker for a hot cup of water to drink while I'm putting on my swim gear. One cycle down, 79 to go.

There are other swimmers now but nobody knows what I'm up to. I've decided not to lie about how far I've swum if asked, but I'm avoiding even small talk. In the sauna I've got my nose in my book. But "How far did you swim?" is the question of the day, and as the day progresses my answer is a source of growing anxiety for me. I cannot win a race to 40 against a fast swimmer—unless I have a huge and discouraging lead. At four miles, people are impressed. At six they're starting to talk about Kebbe's 356 mile record. At 7.5 they're looking at me funny and I can hear people talking about it outside the sauna.

With each cycle I alternate between a tangerine, a banana and an egg sandwich. Dinner is chicken soup. Every two cycles I eat a packet of Gu. The night before I was so nervous that I only got four hours of sleep and I'm already feeling exhausted when dark returns at about 5:30 pm. I remind myself that I'm just strolling and I'm resting between strolls, eating and drinking plenty of water. But each cycle is taking a little longer. From



*With his wife Emma Huckabay, as pilot, Pete Perez achieved his first Polar Bear in four days and counting.*

40 minutes in the morning, I'm up to 50 minutes now. My swim speed is consistent; it's the recovery that's the problem. In an effort to speed the recovery I drink hotter water and extend my time in the shower to first five and then seven minutes.

A few solo cycles after nightfall, and then Emma is back from work and she's accompanying me in a kayak. It's so much easier! She does the navigating and I just have to swim. I don't even need to look ahead to see where I'm going... bam! I run into a buoy. It will be a few cycles before we work out the kinks.

At 8.5 miles I'm bleeding from a beard burn near my shoulder and there are two painful chaffing areas under my arms, but Glide and Bag Balm stop it from getting any worse. By now the club is very quiet and I'm growing less concerned about revealing my miles and more concerned about my physical condition. I know that a good way to bring about a heart attack is a combination of sleep deprivation and severe physical stress. But I'm watching my body carefully—I'm well hydrated, well fed, swimming is still easy and my muscles are getting plenty of rest in between. It's really all about body heat and I'm doing okay. Soon it is just two more swims, then one and then I'm in the car and Emma is driving me home.

"Congratulations! You did it. You swam your 10 miles," she says. "Yeah" I say and fall asleep in my seat. It's 11:00 pm.

In bed I have a hard time getting to sleep. I'm extremely tired but my heart keeps pounding in my ears, keeping me awake, and I'm afraid of a heart attack. I try deep breathing to slow it down and eventually I get to sleep. During the night I wake up three times with my clothing soaked in sweat and have to change. It seems that my body knows how to cool itself but the message to pull back the blankets isn't getting through. When the alarm goes off at 4:00 am I reset it to 6:30 am and go back to sleep.

We arrive at the club at 7:30 am and I'm in the water at 7:40 am. The extra sleep helped and I feel pretty good. Good enough to try to make up for lost time by swimming some one-mile cycles. I swim a mile, then 3/4 mile, then a mile, then 3/4 mile. Now I'm only an hour behind yesterday's time for the same distance.

The sudden appearance of 40 colored quarter-mile squares on the Polar Bear log sheet overnight has caused quite a stir. All day long people are congratulating, encouraging, and checking to see if maybe I just logged my miles wrong. Now there is no doubt that I'm going for the First to 40 record. I'm six and a half miles ahead of the next guy, but I know that I am not beyond reach. I need to put more miles between us.

**S**omeone in the sauna mentions that the ebb tide is particularly strong right now and talks about how in previous Polar Bear years, swimmers would take advantage of the tide to swim with the current and log some serious distances. So I come up with a plan to do the same thing. I give Emma a towel, tie her club door key to my swim trunks, and send her down the road to wait for me at the beach next to the flag. I'm going to swim with the current to the flag, get out where Emma can give me the towel, run to the club, go through the driveway gate and straight back into the water. I plan to do this four times in a row for a mile. If it works, I might do it for two miles.

With Emma in position, I enter the water and start swimming. As I

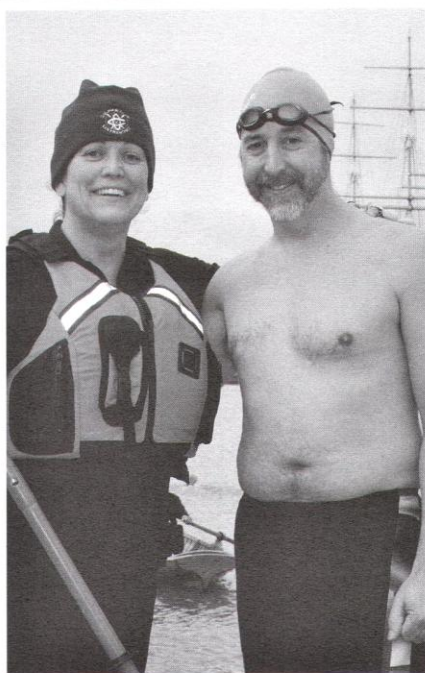


approach the flag, I cut left and head to the shore. But the sun is in my eyes and I can't see Emma or the beach. Close to shore, I scrape my elbow on a rock and realize that I've gone far beyond the sandy beach. I find myself in shallow rocky water next to a seawall. By the time I back out and swim to the beach where Emma is I'm scraped up and cold. I run back to the club, dodging the tourists, unlock the gate, and get back into the water. This time I do better and get out at the right place. But I'm feeling very cold and tell Emma that I'm only going to do this one more time and run to the club again. As I approach the water I'm shivering and I know I'm too cold to swim again. Emma is expecting me and I can't just disappear into the sauna, so I go up to my locker and get my jacket, exit the club and run-walk down to where Emma is waiting just to tell her I'm not doing it again after all. Then I hurry back to the club and the sauna. I'm a wreck. Total time for a half mile: One hour and 15 minutes.

For the rest of the day I keep trying to catch up by swimming varying distances, always fully recovering in the sauna, but getting more tired, and recovering more slowly each time. By 8:30 pm I've only logged eight miles and I'm exhausted. I talk with Emma about the situation and we decide that with two more days to go I absolutely must get a good night's sleep. So we mark my squares on the Polar Bear log sheet and head for home.

Again my body is confused and I wake up in sweat-soaked clothes, but it's not as bad as last night and after a solid six hours of sleep, I'm back in the water at 5:20 am with Emma at my side in the kayak. This time I'm sticking with what I know works—half-miles with just three minutes in the shower. As so it goes. By 1:30 pm I've done five miles, and a cycle has only increased from 40 minutes to 45. At eight miles, a cycle takes 50 minutes. By 10 miles, at 10:45 pm a cycle takes an hour. Once again, the need for sleep wins out over the need for miles. I reason that tomorrow I can push myself harder knowing that it's the last day and I can sleep as long as I want when it's over.

As Emma drives us home we talk about what a great day it was. The club



*By Christmas, it was already time for Pete and Emma to celebrate.*

is excited and so am I. Friends and people I haven't met before are rooting for me. Dolphins gave me fruit, energy snacks, refilled my thermos, and replaced lost items with their own. Early in the morning, Bob Danielson came out to take pictures. Once I was applauded in the sauna. Another time I walked out of the water after a swim to see a group of English Channel swimmers getting ready to take an out-of-towner on a Channel training run. They too applauded. Several times Dolphin members kept me company on my swims. I even picked up a personal coach in Erik Burke whose positive energy kept any negative thoughts at bay.

Now my body seems to be used to the routine. I'm exhausted but I get a good night's sleep without waking up in a sweat, and once again morning finds me in the water at 5:15 am with Emma in a kayak leading the way. Today, I need to do 12 miles and I need to do them by midnight. Like yesterday, I'm sticking to the plan, and like yesterday, it's going well. By 1 pm I've finished five miles. Strangely, I feel stronger than ever and swimming feels good. A clicking in one shoulder and a pain in the elbow that developed yesterday are gone. At 3:00 pm Emma leaves to take our son to his grandparents for Christmas Eve dinner. They'll be

gone overnight, so my brother Mark steps in to do the kayak escort after dark. At 7:00 pm I've done eight and a half miles. Only seven more swims to go. Mark's been for a few unintentional swims himself as he learns how to kayak. He's fine though; he's got a wetsuit and soon figures out how to launch and land without spilling.

I'm counting down. At 9:40 pm I've covered ten miles and have four more swims to go. The club is empty, but people keep coming by to see how I'm doing. At 10:35 pm I've only got three swims to go, but they're taking over 50 minutes. As I head out, round the dock and make toward the shore to avoid a strong flood tide, I see a group of people standing near the water. A camera flashes and someone shouts "Go Pete!" I wonder who they are and smile. I know I'm almost done and I just had a short nap in the sauna, so I'm feeling pretty good. I think the endorphins are working overtime too, because I pick up my pace and by the time I reach the flag, I'm feeling so good that I sprint all the way back to the beach.

Now it's 11:20 pm and I decide to swim a mile. The endorphin high has worn off and I'm dead tired, but it's the only way to finish before midnight. Mark leads me around the flag and we head back. But as we're passing the dock, I'm suddenly very cold. As much as I want to finish, I know I can't. I'm losing body heat fast. I tell Mark I'm too cold, and I head in. It turns out to be a very fortunate decision because as I climb the stairs to the club I hear the sliding of the dead bolt as gatekeeper Alan Coe locks the building for the night. Luckily he sees me. When we tell him that the Club President okayed our staying after closing he agrees to lock up when we leave.

The last half-mile is slow. I'm out of the water at 40 minutes after midnight—4 days and 40 minutes, which leaves the door open a crack for someone else.

While I'm recovering Mark fills in the rest of my squares. On our way out we pause to look at the log sheet in wonder. It's at the top of the sheet and looks pretty funny the way it reaches way over to the right, hanging over so much white space. We take a picture and are still laughing as we pull the door closed behind us.





*Photo: John Perino*

DOLPHIN CLUB LI





F E M E M B E R S   2 0 0 7



Excerpted from the *San Francisco Chronicle*  
July 29, 1893

If you don't know how to swim learn just as quickly as you can. We are all likely to need the knowledge before we die, and if we don't have it there is always a possibility that we will die before what might otherwise be our time.

P. W. Brundin, a well-known and competent instructor of swimming, has a method particularly attractive. You can hang your clothes on a hickory limb but you need not go near the water. Mr. Brundin says:

"The best and easiest method of learning to swim well is to practice the movements first in the air. To carry out this 'dry swimming,' one should sit on the edge of a table high enough so the feet may not touch the floor. The legs should be stretched out, the wrists turned at as sharp an angle as possible, the heels together and toes out.

"Count one and bend the legs as far as possible. Let the heels follow, but keep the knees entirely apart.

"Count two and stretch out the legs quickly sidewise as far as they will go. Bear carefully in mind that the wrists must be kept bent. Bear in mind that the water must be shoved by the soles of the feet.

"Count three and bring the legs straight together again.

"After the leg movement has been mastered it should be practiced unto efficiency.

"The first position is assumed by stretching the arms out in order to correspond with the counting.

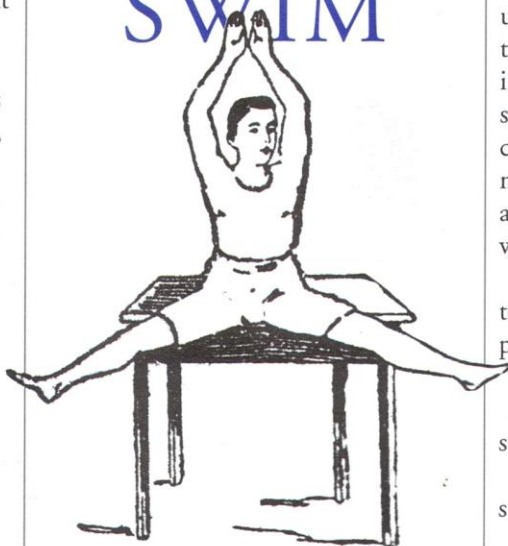
"At one draw them in at the same time as the legs, with hands in front of the breast, the elbows at the sides, the thumbs close to the index fingers so that the hands will be dome shaped. Hold the palms downward, not together.

"At two stretch the arms quickly forward at the same time that the legs are stretched and hold them so while three is counted, as the latter movement only concerns the legs.

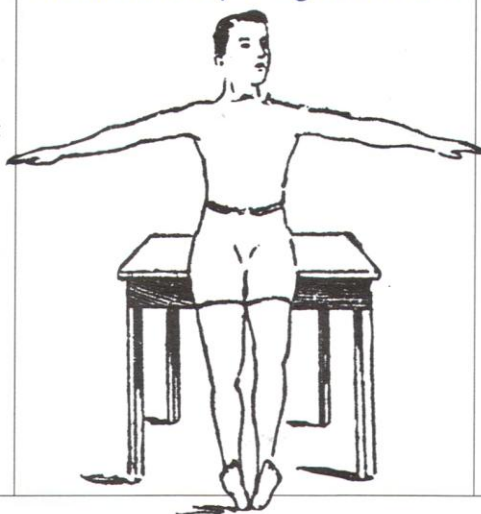
"Count four and carry the arms straight outward until the original position is assumed. Now turn the



## LEARN HOW TO SWIM



The Latest & Easiest Method.  
First Practice on the Dry Land.  
Professor Brundin Advances  
Some Entirely Original Ideas.



hands so that they may shove aside as much water as possible.

"Practice carefully all the above with arms and legs separately and afterward in unison.

"When one first goes into the water one should use a cork preserver parted in the middle, a cork vest or any other device used to float upon. Lay the breast on the pillow and allow the feet to leave the bottom; then float about until you feel calm and certain.

"No one should attempt the movements connected with swimming until he is certain of being able to control his body, for when a nervous man in the water loses his support on the bottom his fright or uncertainty occasions an uncontrollable movement in which the toes cramp and press together and turn in under the foot, and the wrists are stretched. When this is the case, toes cleave instead of pushing the water, and no progress is made. This easily becomes a habit which experience teaches to be well nigh impossible to overcome...

"When you are certain of being able to control yourself, begin with the leg practice alone. Try to find some surface on the water to hold fast to with your hands, stretch your body perfectly straight. Look straight ahead.

"Now count to yourself as in swimming in the air.

"With one bend the legs.

"Two, stretch out the legs powerfully.

"Three, the legs are brought straight and powerfully together.

"The arm movements should also be practiced by themselves in the water before you attempt the movements with both arms and legs. These principles of swimming are derived from those employed by the frog, which have been found to be best applicable to man. Do not abandon the use of the swimming pillow until the movements are actually natural and you find yourself making good progress.

"Then proceed by resting on the knees at a suitable depth, and then slowly falling forward and energetically making the swimming movements. Progress will now be rapid.

— Submitted by *Walt Schneebeil*



## Dolphin Rowers Complete Grizzly Bear Challenge

Dolphin swimmers have the winter Polar Bear, Dolphin rowers have the Grizzly Bear.

Training during the winter presents challenges for all of us: late sunrises, cold and choppy water and, especially this winter, unBEARable winter temperatures. In the spirit of the Dolphin Club's Polar Bear Challenge, Dolphin rowers adopted the Grizzly Bear Erg Challenge. The Grizzly Bear challenges rowers to erg 100,000 meters (100,000 kilometers) or 62.14 miles from Thanksgiving to New Years Eve, culminating in a potluck feast to regain all the calories burned by erging.

The erg, short for ergometer, is an indoor rowing machine. Rowers utilize the erg to work on cardio training, work out kinks in their rowing technique or to get a kick-ass workout off the water. The club's ergs are located in the boathouse lined up in front of the mirror (thanks, Chuck Vogt for the donation—it's great for checking form and technique) and are available to all members—if you dare!

First place in the Grizzly Bear went to Gary Ehram who erged an incredible 400 kilometers. Gary's motivation was spurred on by second place finisher Andy Kerr with 325 km and third place Diane Schatz with 130 km.

The spirit of competition was pulsating in the boathouse as Grizzlies would continually try to top each other on meters rowed per workout. It was even rumored that one Grizzly would come to the club in the early pre-sunrise hours to get alone time on the erg for hours—yes, hours. Another Grizzly was motivated by something entirely different—the holiday season, saying that the Grizzly Bear Challenge kept her fit despite all of the holiday cocktails and goodies consumed. I would have to agree that an extra serving of egg nog is well worth the time spent on the erg for an additional 1000 meters!

The Grizzly Bear was a great motivator to end the year. Now our rowers are on the water and getting ready for the 2007 racing season. But that doesn't mean you still can't find us pulling on the erg. Many of us are working out on Tuesday evenings. Come by if you'd like some instruction on how to get a great workout. Who knows, you might be tempted to get off the erg and into a boat!

Thanks to all of our Grizzly Bear participants and congratulations to Gary Ehram for setting the standard of 400 km as the record to beat!

—Racheal Perry

## Grizzly Bear Erg Challenge

Gary Ehram-400K	Racheal Perry-74K	Anne H.-22K
Andy Kerr-325K	Charlie McIntyre-61K	Jane Mennelstein-20K
Diane Schatz-130K	Dolores Meehan-59K	B. Malecki-7K
Gretchen Coffman-111K	Jay Adams-50K	Grant Mays-6K
Corinna Witt-110K	Jim Frew-50K	Alex Lockett-5K
Athena Kyle-100K	Margaret Keenan-50K	Cynthia Skovlin-2.5K
Elaine Bucholz-94K	Tom Vaughn-50K	
Peter Liefeld-84K	Katie Cronin-49K	

## 2007 Open Water Regatta Schedule

DATE	EVENT	LOCATION/HOST
April 15	Open Water Regatta	Sausalito Open Water Rowing
May 12	Dolphin Club All Craft Relay	San Francisco Dolphin Club (members only)
June 16	North Tahoe Rowing Classic Tahoe Yacht Club	Lake Tahoe
Aug 5	Alcatraz Row - training row	San Francisco Dolphin Club for DC vs. SERC Triathlon
Sept 2	Petaluma River Marathon/ Half Marathon	Petaluma Berkeley Rowing Club
Sept 23	Bridge to Bridge Regatta	San Francisco South End Rowing Club
Oct 7	Lobster Row	Santa Cruz Santa Cruz Rowing Club

## Wooden Boat Maintenance for 2007

Baggiani (*currently out of service*): Replace seven cracked frames, varnish work, convert sliding seat wheels.

Cecco: Varnish work.

Haake: Varnish work, interior assembly conversion.

Austin: Interior varnish.

Ring: Oiling of interior, exterior varnish.

Foster: Varnish, shorter oar seat, convert sliding seat wheels

A majority of the varnish work listed above will be accomplished during Tuesday's Boat Night. Come and join us, starting at 6:00 p.m.



Tuesday's Boat Night: All hands on deck with John Latta, Vladimir Sarenko, Jon Bielinsky, and John Baka repairing a boat. Photo: Martin Zelenik



## DOLPHIN LOG SWIM STATISTICS

### Swim Commissioner's Report

**T**he 2006-2007 Polar Bear Season (PBS) started off with a BANG! In 2005 the swim commission came up with a new competition within the 91 day cold water swimming period—First to 40 miles. Last year, I set the record at about 11.5 days (finished on New Years Day Alcatraz Swim) and everyone thought that it would difficult to beat. Knowing this, Pete Perez planned out his attack many months prior to taking the first stroke this past December 21st. Pete finished his 40 miles in less than 100 hours, an amazing feat. You can read the details of Pete's story in this log, but now we can truly say that this record should live for a very long time.

The New Year's Alcatraz Swim kicked off the 2007 swim season, as we traditionally combine forces with the South End Rowing Club. It was a beautiful morning, and we had a respectable jump time of 9:15 a.m. As the pilots took off to a nice calm sunny day, there was something looming at the Golden Gate. FOG!! It came in without warning and pilots were caught in the thick of it (reminiscent of September's annual Alcatraz Swim). Too dangerous for swimmers and pilots, the call was made to head towards shore and hence a "halfatraz swim" was born. SERC hosted a great event and fun was had by all despite the foggy weather.

With Ted Tilles tending to his growing family and Tom Keller planning his wedding and taking on the huge task of Club President this year, I agreed to take on the swim commission on my own. In doing so, I developed seven swim committees (sign-in, food, pilot recruiting, timing and recording, trinket and apparel sales, transportation, and clean up) to bolster increased support and ownership in the overall swim program. It is a pleasure to report that the response was overwhelming and we now have over 35 people taking on an active role in the different committees. I encourage all to get involved as there is always room for improvement and tasks to be accomplished.

We have been experiencing one of the coldest PBS's that people can remember. The water temperature stayed in the upper 40 degree range for the majority of the month of January and into the first week of February. Most swimmers have had to cut their swims to shorter distances due to the extreme conditions. However, in amazing Dolphin Club fashion, Ralph Wenzel has consistently (everyday!!) swum 4 miles during this time. As I write this, the Polar Bear is only half completed, but I think he might have a certain goal in mind—and by the time you read this...

Please check out the 2007 Swim Program Schedule and updated program rules on the back cover of this log. I'm excited about the swim program and look forward to your participation by helping, piloting, and swimming.

—Rick Avery

### New Year's Day Halfatraz Swim

#### SOUTH END & DOLPHIN JANUARY 1, 2007

1. Steve Pratt DC	15.45	26. Bonnie Schwartz SE	20.56
2. Paul Sagara SE	16.28	27. Alice Wong SE	21.08
3. Bruckner Chase DC	16.32	28. Daniel Reid SE	21.17
4. Scott Haskins DC	16.34	29. Marta Bechhoefer SE	21.19
5. John Ottersberg DC	16.39	30. Steven Johnson SE	21.31
6. Darrin Connolly SE	17.2 0	31. Jessica Sullivan SE	21.43
7. John Walker SE	17.38	32. Paul Springer SE	22.11
8. Alex Johnston SE	17.40	33. Johanna McShane SE	22.14
9. Jeff Gunderson SE	17.42	34. Mary Louise Schmalz SE	22.19
10. Jonathan Paul SE	18.08	35. Alex McJunkin DC	22.20
11. John Hathaway SE	18.36	36. Nancy Cutler DC	22.50
12. Laura Burtch DC	18.38	37. Jennifer Lamers DC	23.01
13. Sue Free SE	18.49	38. Phil Scarborough DC	23.46
14. Neal Powers DC	18.51	39. Peterson Mundy SE	23.54
15. Arron Armstrong SE	19.01	40. Tom Carlson SE	24.11
16. Matt Bracco SE	19.07	41. Patrizio Tomada SE	24.35
17. Tim Reid SE	19.19	42. Owen O'Connor SE	24.40
18. Nigel Killeen DC	19.24	43. Marc Brandt SE	24.44
19. Rick Barthels SE	19.26	44. David Blende SE	24.56
20. Sean McFadden DC	19.36	45. Joe Omran DC	25.02
21. Amber Rhett DC	19.39	46. Jerry Lowden SE	25.14
22. John Racanelli DC	19.43	47. Chris Bruno SE	25.15
23. Rick David DC	19.59	48. Lee Block SE	25.20
24. Andreas Kohler DC	20.19	49. Jane Koegel SE	25.30
25. Ken Coren DC	20.44	50. Paul Irving DC	25.42
		51. Mike Mitchell DC	25.56
		52. Jenna Howell SE	26.07
		53. Les Dewitt DC	26.32
		54. Leslie Harder SE	26.36
		55. Emma Huckabay DC	26.42
		56. Tina DiRienzo SE	26.57



*On New Year's Day a couple of pilots (but not Susan Allen) got lost in the fog. Photo: Emily Roth*



## DOLPHIN LOG SWIM STATISTICS

57. James Miller SE	27.04
58. Laurel Condro SE	27.20
59. Peter Neubauer DC	27.31
60. Jamie Robinson DC	27.38
61. Jim Ferrara DC	27.43
62. Bruce Armbruster SE	27.47
63. Peter Perez DC	28.05
64. Gary Aguiar SE	28.13
65. Jonathan Maier SE	28.37
66. Mike Johnson SE	28.41
67. Bill Wygant SE	28.46
68. Sylvia Marino SE	28.56
69. Rey Hassan DC	28.58
70. Joel Lanz SE	29.09
71. Dave Williams SE	29.16
72. Noelle Maylander DC	29.18
73. John Finnigan SE	29.19
74. Gregory Warnshuis SE	29.53
75. Jeff Woodhead SE	29.57
76. Jim Dekker SE	31.00
77. Adriana Lucero SE	33.10
78. Cathy Bump SE	33.49
79. Daniel Needham SE	46.40
80. David Gruber SE	47.40
Nancy Iverson SE	no time
Bernard Naughton SE	no time
Andy Field SE	no time
Gary Goldman SE	no time
Will Powning DC	no time
Andrew Stone DC	no time
David Rich DC	no time

### Food

Robin Kincade (head chef), Hendrik Meerman, Linda Nowell, Keith Nowell, Mary Alex-Needham, Brenda Austin, Ron Avignone, Tawny Bauman, Wayne Black, Jason Carls, Barry Christian, Nate Cotran, Renée de Cossio, Stephanie Gerck, Ali Hall, Kathie Hewko, Emil Hewko, Kimberly Howard, Allison Kalhammer, Jim Knight, Michele Knight, Tina Lowden, Leslie Lum, Tom Paoli,



*Old Timers' Lunch, clockwise from top: Emma Huckabay shows off the day's trinket take; Happy volunteers relax; Happy diners focus on the crab in hand; Old Timer extraordinaire Walt Schneebeli surrounded by admirers. Photos: Reuben Hechanova*

Pavla Podolska, Kim Pross, Raif, Dianna Shuster

### Pilots

Susan Allen, Kathy Armbruster, Ray Artigues, Marcus Auerbach, Rick Avery, John Blackman, Joe Boone, David Broadbear, Van Bump, Jason Carls, Barry Christian, Courtney Clarkson, Gretchen Coffman, Diana Craig, Jake Cutler, Duke Dahlin, Bob Danielson, Diane Davis, Renée de Cossio, Mag Donaldson, Gary Ehram, Cory Ferrara, Jim Frew, Jessica Gannell, Colin Gift, Lee Graber, Rueben Hechanova, Libby Horn, Terry Horn, Cathy Huang, Ting Huang, Todd Jordan, David Kasheta, Barbara Kavanagh, Andreas Kellogg, Dave Kennedy, Roy Leggitt, Tom Linthicum, Rich Looper, Bob Lowery, Charlie Machutre, Ian MacLean, Mary Magocsy, Robert Mammone, Grant Mays, Tom McKiverny,

Flicka McGurrin, Phil Megargle, Dolores Meika, Jon Meyer, Russell Miller, Phil Murphy, Paul Nordquist, Patty Norman, Pedro Ordenes, Dan Osborne, Racheal Perry, Norman Peterson, Kim Pross, Raif, John Robide, Phil Rollins, Bob Roper, Peter Sahmel, Neal Sayberman, Zack Stewart, Stan Thompson, Rebecca Tilley, Elmer Tosta, Monica Towers, Ned Viall, Diane Walter, Keith Weaver, Bob Weil, Connie Wellen, Rick Wheatley, Corinna Witt, Tom Wurm, David Zovickian

### Producer

Steven Hurwitz

### Registration/Timers

Kristine Buckley, Matt Davis, Beth Ellis, Rosemary McNally, Trudy Molina

### New Year's Day Cove Swim

JANUARY 1, 2007

#### Short Course

1. Liam Hennessey	10.41
2. Tracy Corbin	14.29
3. Susan Cobb	15.37
4. John Frederick	15.37
5. Bess Tschantz-Hahn	16.00
6. Sue Garfield	17.38
7. Era Osibe	18.47
8. Robin Rome	18.55

#### Long Course

1. Michael Tschantz-Hahn	21.57
2. Krist Jake	26.18
3. Mary Alex-Needham	28.06
4. Joe Illick	33.13
5. Mike Weiner	39.17
6. Bill Groth	41.00

#### Hurrah for the Pilots

Susan Allen, Pete Bianucci, Barry Christian, Bob Danielson, Jim Frew, Brian Gilbert, Mark Gus

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## DOLPHIN LOG SWIM STATISTICS

### Pier 41 Swim

JANUARY 27, 2007

1. Amber Rhett (10)*	19.37
2. David Rich (9)	19.53
3. Nigel Killeen (8)	20.03
4. John Racanelli (7)	20.49
5. Phil Scarborough (6)	21.25
6. Mickey Lavelle (5)	21.48
7. Rick David (4)	21.49
8. Noelle Maylander (3)	23.22
9. Andy Stone (2)	24.29
10. Neal Powers (1)	25.09
11. Alex McJunkin	25.10
12. Jennifer Lamers	25.18
13. Joe Illick	25.20
14. Rick Avery	25.44
15. Jay Adams	25.46
16. Pete Neubauer	27.27
17. Dean Badessa	28.05
18. Ken Coren	28.44
19. Rey Hassan	30.35
20. Joe Mannion	35.05
21. Paul Brady	40.00

#### Hurrah for the Pilots

Susan Allen, Ray Artigues, Pete Bianucci, Barry Christian, Bob Danielson, Jim Frew, Brian Gilbert, Mark Gustin, Don Harrison, Rueben Hechanova, Libbie Horn, Terry Horn, Grant Mays, Dan Osborne, Pete Perez, Alison Perez, Emily Roth, Lyrinda Snyderman

#### Helpers

Rick David, Nori Desmas, Les DeWitt, Susie Dods, Cory Ferrara, Sue Garfield, Rey Hassan, Emma Huckabay, Nigel Killeen, Steve Lathram, Bob Lowney, Loretta Madden, Madhuri, John Mattox, Pat McGarvey, Pete Neubauer, Mimi Osborne, Camille Rich, David Rich, Phil Rollins, Robin Rome, Gina Rus, Andy Stone



*"It's about 5:30 am during the coldest part of the 2007 Polar Bear. Cory Ferrara and I wear glow sticks so we can see each other in the dark."—Bob Lowney*  
Photo: Jessica Sullivan.

### Handicap Cove Swim

FEBRUARY 11, 2007

1. Cheryl Wallace	30.54
2. Jay Adams	33.52
3. Jim Ferrara	34.40
4. Emma Huckabay	35.13
5. Robin Rome	36.05
6. Piper Murakami	36.06
7. Mary Alex-Needham	36.20
8. Naphtali Offen	36.40
9. Libby Horn	36.48
10. Krist Jake	36.54
11. Terry Horn	37.16
12. Pete Perez	37.30
13. Ted Tilles	37.48
14. Amber Rhett	38.44
15. Mickey Lavelle	39.05
16. Nigel Killeen	39.13
17. David Rich	39.18
18. Rick Avery	39.22
19. Nancy Cutler	39.48
20. Rick David	40.00
21. Laura Burtch	40.35
22. Alex McJunkin	41.04
23. Chris Keene	42.00
24. Sue Garfield	42.20

#### Hurrah for the Pilots

Susan Allen, Rueben Hechanova, Flicka McGurrian, Dan Osborne

#### Helpers

Rick Avery, Nancy Cutler, Cory Ferrara, Sue Garfield, Rey Hassan, Emma Huckabay, Pat McGarvey, Alex McJunkin, Pete Neubauer, Mimi Osborne, Pete Perez, David Rich, Phil Rollins, Gina Rus

### Pier 39 Swim

FEBRUARY 25, 2007

1. John Ottersberg (10)*	24.13
2. Cory Ferrara (9)	24.41
3. Ralph Wenzel (8)	25.42
4. John Racanelli (7)	27.16
5. Nigel Killeen (6)	28.12
6. Brian Herrick (5)	28.18
7. Mickey Lavelle (4)	28.59
8. Rick David (3)	29.25
9. Phil Rollins (2)	30.18
10. Ted Tilles (1)	31.02
11. Les DeWitt	31.07
12. Neal Powers	31.37
13. Nancy Cutler	31.40

14. Jennifer Lamers	31.47
15. Jay Adams	31.55
16. Rick Avery	32.02
17. Paul Irving	32.08
18. Jim Ferrara	32.09
19. Bob Drake	32.51
20. Alex McJunkin	33.25
21. Dean Badessa	33.24
22. Joe Illick	34.12
23. Jim Frew	34.52
24. Pete Neubauer	35.22
25. Greg Hicks	35.33
26. Ken Coren	35.34
27. Piper Murakami	35.47
28. Jonathon Nahrgang	37.56
29. Naphtali Offen	38.27
30. Cheryl Wallace	39.08
31. Kevin Sancimino	39.43
32. Robin Rome	40.19
33. Nick Strelchuk	50.00

#### Hurrah for the Pilots

Ray Artigues, Marcus Auerbuch, Pete Bianucci, Barry Christian, Paul Davies, Gary Ehrsam, Don Harrison, Rueben Hechanova, Terry Horn, Mark Lubiszewski, Martin Mechado, Delores Meehan, Dan Osborne, Pete Perez, Racheal Perry, Emily Roth, Lyrinda Snyderman, Diane Walton

#### Helpers

Jay Adams, Nancy Cutler, Les DeWitt, Susie Dods, Rick David, Pam Derks, Susie Dods, Cory Ferrara, Jim Ferrara, Sue Garfield, Greg Hicks, Bob Lowney, Loretta Madden, Pat McGarvey, Piper Murakami, Alex McJunkin, Laura Merkl, Pete Neubauer, Hal Offen, Mimi Osborne, Neal Powers, Phil Rollins, Gina Rus, Stan Thompson

\*Ladies Cup Points

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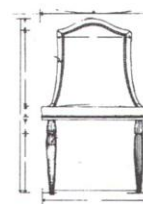


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**G**et up in front of the group. Tell us a little bit about yourself and why you want to join the Dolphin Club." My response to this when I joined in 1994 was distinguished by its blandness. "My name is Tom, I like to swim and... I'll...er...promise...to do my best..." With a shrug of my shoulders, and hands fitted nervously into my pockets, I finished my underwhelming defense of my prospective membership. "Promise to do my best?" I thought as I slumped down with a disgruntled harrumph back into a Staib room chair. "Was I getting out on parole?"

I moved out of town after that. It was a girl, not mortification, which caused me to gather my things and go to Rhode Island. When I returned to the club a year later, one of the Old Goats didn't miss a beat bleating, "You're just the kind of member we love; you pay your dues and are never here." I could have sworn I heard their laughing "Baahhs" as they mumbled something about the foolish caprice of youth while getting in the water.

I was crushed. Here I wanted to be accepted, but all I got was a reminder to pay my dues. Plus, who could challenge such antediluvian wisdom from Jefferson Street's most hallowed briney and caprine-y. Well, it was up to me to do something about it. I would show them that I belonged to the club, that I could contribute, make a difference, bring donuts to swims or something. Unfortunately, the timing was off as I had just applied to graduate school to study Latin and Greek.

Now, the connection here between finding myself at the DC and a fierce meditation on Antiquity might not be readily apparent; however, when I think back on the lessons I learned in grad school, there can be no greater example of someone who made a contribution for the right reasons than a humble farmer, an old goat himself, whom I had the pleasure of studying. Furthermore, it is this model of philanthropy and volunteerism which inspired me to first get involved at the DC. And if you will patiently wade through a brief history lesson, I will make a grandiose and overblown comparison of my involvement at the Dolphin Club with one of the greatest examples of Roman virtue and heroism.

A retired power broker of tiny republican Rome, Cincinnatus had been living a very simple life tilling his olive fields in the fifth century BBC (Before the Big Cheese) and way before any of his descendents would cross the Alps. (You'll recognize the name of course as a famous Ohio city whose NFL team has twice lost to the 'Niners in the Superbowl.) When a neighboring tribe of uppity Italians chided Rome with sticks and stones, Cincinnatus was asked to cast aside his plow, take up the

## PRESIDENT'S REPORT

### CARPE CAPRICORNS!



BY TOM KELLER

symbolic fasces as dictator and lead the Romans into justified imperialism.

At this time, with the bitter experience of oppressive Etruscan absolute rule in the still burning embers of their grandparents' memory, most of the citizens of Rome were horrified with such a decision to make Cincinnatus dictator as they thought that such a move, however much needed with the impending doom, would result in a relapse of the republic into tyranny. Cincinnatus, however, was not hungry for power, only for the olives he missed from his own acreage. So, when his army trounced their adjacent aggressors, he immediately returned to his farm, renouncing politics and resuming his life as a citizen.

When a spot opened up on the board for a job that did not entail defending our frontier

from Celtic brigands, it seemed a good way for me to give back. Next, there was suddenly a spot open for entertainment commissioner. Why not? Why couldn't someone who has studied Greek and Latin be entertaining? And then, opportunities came flowing in like febrifugal run-off on a spring ebb:

- Spot open in the swim commissioner's position? Don't mind if I do!
- Pilot a few channel-swimmers? You betcha!
- Start training new motorized craft pilots? Do I get a breakfast at Capuro's with that?
- Wanna be vice-president? Well, sir, let me pass out some cigars, kiss a few babies during a photo-op and then it's off to my next speech!

Being president seemed to be the logical conclusion to all this and so here I am, rambling away at a brief synopsis of my inphinitely fun tenure as a 'phin and my steady climb up the mountain of swims and pilots, works and days, keggers and pot-lucks.

In my view, our club is filled with such initiative, its members, like Cincinnatus, contributing to the good, though perhaps on a less legendary scale. If a rower comes in to find the dock raised up, do we not lower it? Should a pilot spot need filling, does a swimmer not forego his dip to get on a kayak? And if we see a seagull walking in the boathouse, do we not kick it out? Though we know our names may not grace a city or a Whitehall when we are gone, and even though our actions are not always seen or mentioned in the innumerable helper lists and announcements, the walls of our club stand as strong as its members. Perhaps this is why they are all blessed with their pictures, past and present. After all, if you do not know your place at the club nor what you can do, your contribution and legacy is as certain as simply saying or even stuttering: "I promise to do my best." Get out there, enjoy your club and help others do the same.





The Dolphin Swimming  
& Boating Club  
502 Jefferson Street  
San Francisco, CA 94109

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## DOLPHIN CLUB SWIM & ROW SCHEDULE 2007

Jan 1	Mon, 9:15 am	New Year's Day Alcatraz
Jan 27	Sat, 9:30 am	Pier 41
Feb 11	Sun, 8:30 am	Handicap Cove
Feb 18	Sun, 1:00 pm	Old Timer's Lunch
Feb 25	Sun, 8:30 am	Pier 39
Mar 3	Sat, 2:30 pm	Gar Woods Tahoe Winterfest
Mar 18	Sun, 9:15 am	W.O.W. Triathlon n' BBQ
Mar 21	Wed	Polar Bear Swim Ends
Apr 15	Sun, 7:30 am	Yacht Harbor
Apr 29	Sun, 8:30 am	Spring Gashouse Cove
May 12	Sat, TBD	GG Bridge Rowing Relay
May 19	Sat, 9:00 am	Dick Beeler Crazy Cove
June 1	Fri	100-mile Swim Begins
June 10	Sun, 9:00 am	Over 60 Cove
June 23	Sat, 5:00 pm	Over 45 Twilight Gashouse Cove
July 7	Sat, 8:00 am	Bay Bridge
July 21	Sat, TBD	Trans Tahoe Relay
Aug 4	Sat, TBD	Santa Cruz Pier
Aug 5	Sun, TBD	Alcatraz Row
Aug 18	Sat, 8:15 am	Alcatraz
Aug 26	Sun, 8:00 am	Crissy Field
Sept 9	Sun, 8:00 am	Fort Point
Sept 22	Sat, 10:15 am	Joe Bruno Golden Gate
Sept 29	Sat, 7:30 am	Escape from Alcatraz Triathlon
Oct 27	Sat, 9:30 am	Dolphin/South End Triathlon
Oct 31	Wed	100-Mile Swim Ends
Nov 10	Sat, 4:30 pm	Pilot Appreciation Dinner
Nov 22	Thur, 8:30 am	Thanksgiving Day Cove
Dec 16	Sun, 9:00 am	New Year's Day Qualifier
Dec 16	Sun, 11:00 am	Christmas Brunch Party
Dec 21	Fri	Polar Bear Swim Begins

### ROWING TRAINING

On the these Saturdays  
or Sundays beginning  
at 9:00 am:

January 20, Saturday  
February 24, Saturday  
March 24, Saturday  
April 21, Saturday  
May 19, Saturday  
June 23, Saturday  
July 21, Saturday  
August 19, Sunday  
September 23, Sunday  
October 20, Saturday  
November 17, Saturday  
December 15, Saturday

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
  2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
  3. For out-of cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
  4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
  5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
  6. Swim sign-up sheets are posted two weeks prior to each swim.
  7. Time limits are imposed and enforced for all swims.
  8. All club boats are reserved for scheduled swims.
- Additional qualifications for Alcatraz and Golden Gate Swims*
9. In-town members must successfully complete three swims and pilot or help on at least two others.
  10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.

Alcatraz Island  
1.4 miles

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gashouse Cove  
1 mile

Aquatic Park Cove

Pier 41 1/2  
1.2 miles

Pier 39  
1.5 miles

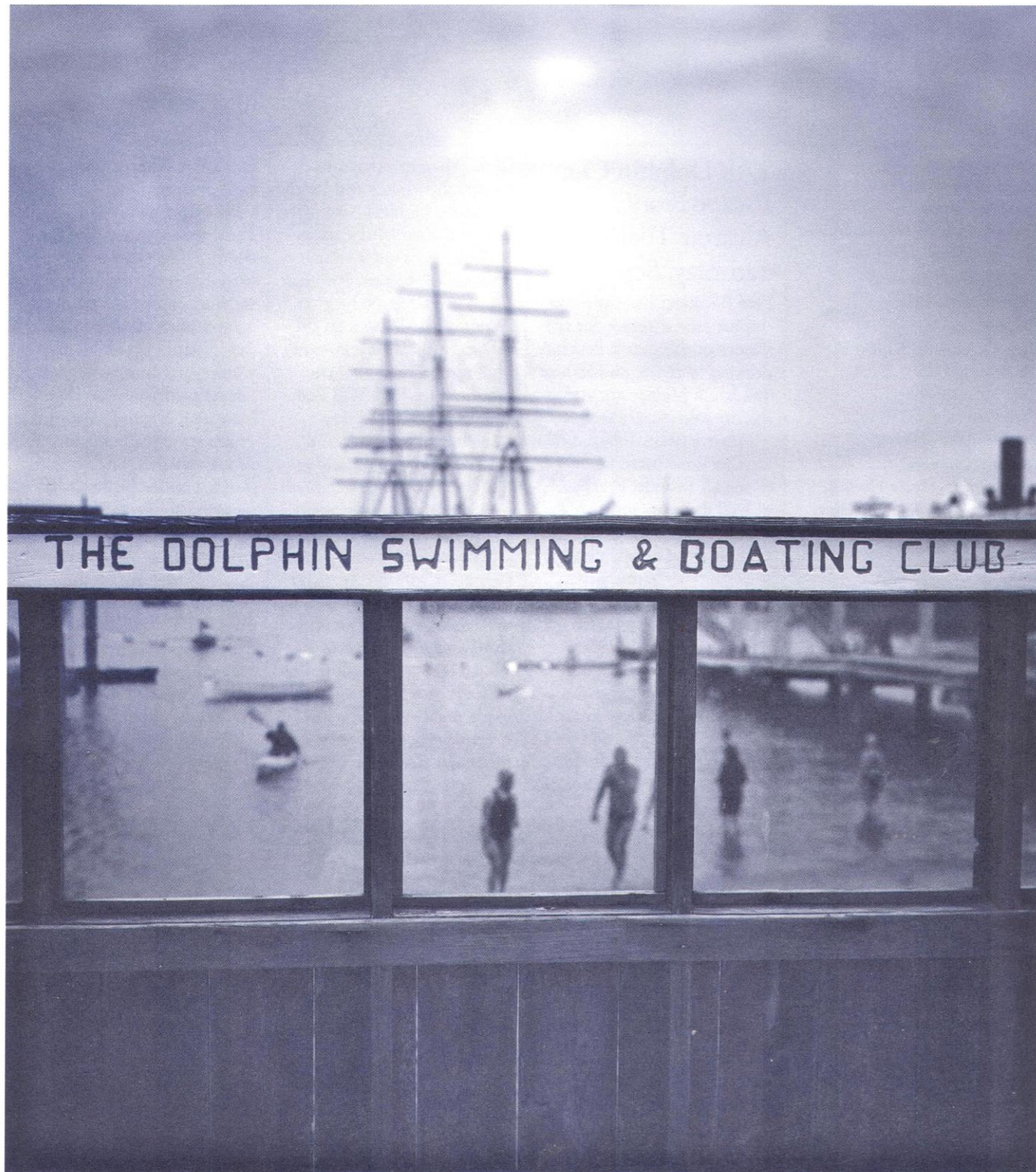
Pier 43  
1 mile



SUMMER 2007

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

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Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

## 27th Dolphin Club Escape From Alcatraz Triathlon: Saturday, Sept. 29

Pete Bianucci has been the tireless race director for the history of this event. Pete has decided to retire, and Sunny and Mark McKee are assuming the role as co-directors.

We are looking forward to another great event and hope to see all veteran Escapees as well as many virgin Escapees. We also encourage Dolphin and South Enders to form relay teams which can consist of 2, 3 or even 4 individuals. Relay teams are a great way to participate.

This historical event begins aboard the Alma and the beaches of Alcatraz where the race starts. Swimmers cross to Aquatic Park and come ashore at the Dolphin

Club. There participants mount their bikes and head across the Golden Gate Bridge to Old Mill Park in Mill Valley. This is where the real fun begins. Runners climb the never-ending ascent of the Dipsea on their way to Stinson Beach—and then return back over the mountain to Old Mill Park.

After a fun filled day, a celebratory dinner and awards ceremony is held at the Dolphin Club, free to all participants and volunteers.

This event would not be possible without the incredible support of volunteers. If the triathlon is not your idea of fun, why not experience the event as a volunteer? We all love the volunteers who make a grueling day more palatable. Many of them have been participating for years. We hope they will continue and we look

forward to adding new names to the roster.

This year we have a dedicated website ([www.dcefat.com](http://www.dcefat.com)) with a downloadable registration form, training calendar, volunteer information, detailed course description, event history, results, photo album and contact information. We have also created a Yahoo! group specifically dedicated to the triathlon and training leading up to the event. If you would like your name added, please email [smckee@trisunny.com](mailto:smckee@trisunny.com). We will also post information on the bulletin boards at the Dolphin and South End Clubs.

If you have any questions, please check out the website and/or contact Sunny/Mark McKee by email.

We look forward to seeing you on race day!

—Sunny and Mark McKee

## ANNUAL MEMBERSHIP MEETING

The annual membership meeting of the Dolphin Swimming & Boating Club will begin at 6:30 p.m. on November 2, 2007 in the Staib Room at 502 Jefferson Street, San Francisco. The Board will review the business of the past year and proposed activities for the next year. Members are welcome to attend and participate per Article III of the By Laws.



When I joined the Dolphin Club I had no inkling I would become the first woman to serve as President of this San Francisco landmark. Women have now been in the Club for 30 years, and it is 20 years since I was elected President. This represents a personal benchmark for me, but also for the Club. Looking back I marvel at how the Club has evolved to keep pace with the times, while never losing its connection to its past. I offer these recollections in celebration of the Dolphin Club—past, present, and future.

Because the Club is on public property, I always believed women had the right to full membership. At the same time, when I joined in 1978, I was aware women would fundamentally alter the Club. A significant part of the Dolphin Club's character was its history and tradition—all of which grew out of an era of men's athletic clubs. By exercising our right to enjoy the Club and its traditions, women would inevitably change them. From today's vantage point it seems likely the Dolphin Club without women would have become a dinosaur, and the Club may ultimately have had to open its doors to women in order to survive. But in 1977 when women sued for equal access, the tradition of the all male athletic club was strong in San Francisco. In response to the lawsuit the Club decided to allow women to join. This did not mean, however, that women were universally welcome.

Picture for a moment Aquatic Park in 1977. The Dolphin Club stood sandwiched between the South End Rowing Club to the east, and the Ariel Club (officially renamed the San Francisco Rowing Club after WWII) to the west. In 1977 the tides flooded and ebbed, the fog rolled in and out, and day after day swimmers could be seen ploughing through Bay waters as they had for a century. There was nothing to alert the casual observer to the major social upheaval that was occurring in the heart of Aquatic Park.

At the time I joined the Dolphin Club I worked swing shift as a waitress at Zim's Restaurant (long since closed), on the wrong side of the cable car

BY KATIE  
MALONEY BELLOMO

20  
YEARS LATER

## Reflections of the First Woman President



Katie Maloney with Bert Arias in June 1978.

*"By exercising  
our right to enjoy  
the Club and its  
traditions, women  
would inevitably  
change them."*

tracks from the Buena Vista Café. When I met Matthew Cook, son of past president Gordon Cook and a Dolphin member himself, I asked him to take me to the Club as a guest. My first breathtaking swim was to the end of the dock. My next stop was the women's sauna, which at that time was a free-standing structure resembling a phone booth near the entrance of the boathouse. The women's locker room was off the Staib room and the size of a large coat closet. The first of several expansions to the women's locker room was under construction but not yet complete.

My two minute swim and glimpse of the Club and all its dark nooks and crannies left me enthralled. Matthew agreed to sponsor me for membership. Because I worked nights, I was unable to attend a Board meeting in person which was strictly required. Instead I was interviewed by Dan Murphy (a legend in his time) and I was granted a special dispensation. Being Irish helped. The Club, like San Francisco itself, still had distinct vestiges of the days when the Italian and Irish communities were powerful forces.

I became a member in March, 1978, and began going to the Club daily. In spring and summer I spent hours each day sitting in the sun and conversing with all manner of people before taking a swim, donning my uniform, and dashing up Hyde Street to report to work. In 1978 there was still the "Sand Pit" (referred to as "The Pit") between the South End and Dolphin Clubs. (It was later destroyed by winter storms.) "The Pit" was a semicircular enclosure with benches that provided wind protection and therefore was a great place to sit. While I believe it was technically part of the South End, members from both clubs used it. I experienced "The Pit" as a neutral zone where it was possible to escape from the behavior of some men who claimed the Dolphin Club as their own domain. It is important to emphasize that the vast majority of Dolphin men were courteous and pleasant to women members, but there was little they could do about the men who felt women were "fair game." In reality the Club's adjustment to the presence of women members



was a process that took years. There remained men who referred to new women members as “new meat” and they did not hesitate to openly comment on women’s physical attributes, swimwear, and similar topics. At times this made walking from the main building to the water in a swimming suit an activity that required emotional stamina, since one never knew who would be sitting outside critiquing from the benches.

Of course the original women who sued to get in the South End and Dolphin Clubs were more aggressively derided and harassed. Before I became a member they had already endured such things as having rope coiled up in the shower heads to block the water flow; buckets of water dumped onto them from the roof as they approached the building; men offering to show unsuspecting women the roof sun deck where they found naked men sun bathing. It is noteworthy that those with a hostile attitude were generally younger men who treated the presence of women as a challenge. The older male members were almost universally gracious toward the women. An important aspect of life at the Club that mitigated the negative elements in these early years was the sense of camaraderie among the women members who were vastly outnumbered by men. At the start of 1978 there were still only about 50 women members, while men numbered in the hundreds.

Interestingly enough, almost as soon as women were admitted to the Club, they held positions on the Board of Governors. For example, Joni Beemsterboer was Recording Secretary, and Cynthia Ehrlich published the Dolphin Log. I served two terms on the Board of Governors in the early 1980s, and recall one election where Suzanne Heim and I received the largest number of votes. The vote tallies told women that the attitude of the harassers, while a potent force, definitely represented only a minority of male members.

One catastrophe that helped bring men and women together was the fire that destroyed the Ariel Club in 1980 and damaged the Dolphin Club. At the

*“A group of men  
made it clear that  
I should not  
run for President.”*



*Katie looks back on a different era.*

time of the fire the defunct Ariel Club was already under the auspices of the Dolphin Club and there were plans to expand into that building. After the fire, the Dolphin membership had to make decisions about our future, including to what extent the Ariel Club should be rebuilt. The fire also brought men and women together because for a period of time the Dolphin Club had no showers and Dolphins used the South End facilities. At the time of the fire, the men’s showers at the South End Club were out of order, and the South End men had been using the Dolphin men’s facilities. After the fire,

initially all members of both clubs, men and women (yes, in swimsuits), shared the women’s showers and sauna at the South End Club. This was a hitherto unimaginable situation in Clubs that had until a short time before excluded women altogether.

After my two terms on the Board, I ran unopposed for Vice-President in 1986. I was the first woman to hold the position. I was not then considering the natural next step of running for President. Women still had limited authority at the Club, and running for President felt “off-limits.”

My point of view changed as the result of a specific conversation that remains clear in my memory. I realized that I had been acceptable to the anti-women faction as a Vice President because I had not challenged them and was viewed as no threat. The conversation centered on the desire of a couple of Board members and officers to eliminate the handball court and use the space for an expanded kitchen and additional lockers. I expressed my opposition to the idea. My disagreement caused an immediate change of attitude towards me; the men with whom I had disagreed stopped talking to me. It was the time for filing nomination papers for the next election, and a group of men made it clear I should not run for President. These same men began promoting Herman Zahler, a popular member and a past president, as their candidate.

The attitude of the men who did not want me to run for President was intimidating. None of these men were “old-timers.” Some of them had not even belonged to the Club when it was all male. Initially I questioned whether I should run because I did not want to cause turmoil. But several old-timers encouraged me, stating they felt it was my right as Vice-President to run for President. It was clear that I was being intimidated because I was a woman. This fact alone made it imperative that I run. By 1987, I had moved on from Zim’s to become a lawyer, a profession largely dominated by men. Both in my professional life and in my life at the Dolphin Club, I owed a huge debt to women who had the stamina to challenge the status quo. On behalf of



women and the men who had supported them, it was important that I not give up the fight for equal access and respect. The fact that I was being bullied strengthened my resolve.

I fully expected to lose the election. Instead I won by a comfortable margin. My victory showed that the members were willing to change with the times and let the Club evolve into a more diverse and accepting place for all members.

Unfortunately, the fact that I had won the election did not mean I would be allowed to govern without paying a price. On the day the election results were announced, Herman met me at the door where he was waiting for my arrival. Showing both class and generosity of spirit, he said "I voted for you myself." Herman knew it would not be easy going for me. If matters had been up to him, the rest of my presidency would likely have been uneventful. However, the small faction that was outraged by my win kicked into action. When the election results were first announced I was contacted by the *San Francisco Chronicle* for comment. I knew that anything I said could backfire. I was quoted as saying that my win as first woman was "no big deal." Of course this was far from accurate.

Immediately a caricature of me appeared on the chalkboard, labeled "Mr. President." At the Holiday Party, while I was still President-elect, someone gave Santa (Cecco Menucci) a wrapped present to deliver to me. It contained horse manure. Cecco was horrified that he had unwittingly delivered this "gift," but in truth the insult was minor in comparison to what I had already experienced and would for the next year. During the course of the year I endured obscene phone calls in the middle of the night, hostile papers stuffed in my locker, rude remarks made out of the earshot of others, obscene comments made to the weight room at large when I was the only woman present. Only once did the hostility become physical, when I was "accidentally" bumped at a Club function by a large man slamming into me full force and

almost knocking me over. The Board meetings were difficult because the antagonistic faction took to attending the monthly meetings and doing objectionable things to challenge my authority (e.g., drinking alcohol, continually scoffing and sniggering, and just being generally disruptive). There was little I could do but ignore them since the only other option I had was to resign. This was out of the question.

A redeeming factor was the many, many people at the Club who were supportive. But the most crucial support



Photos: Shane Powers

*"I owed a huge  
debt to women who  
had the stamina  
to challenge  
the status quo."*

came from the other officers. At my side each meeting were Phil Rollins (Vice-President), Vince Huang (Treasurer), and Brian Gilbert (Recording Secretary). They presented a united front against the abuse. They were covering my back at all times figuratively, though at times it felt, literally. Phil, Vince, and Brian deserve tremendous credit for their strength in standing up for civility and for equality for women members. I could not have served out my term without their friendship.

There were, of course, moments of levity. In the first weeks after I took office, I learned that my performance was already being criticized behind the scenes. I made the mistake of acknowledging this, and challenged the complainers to speak out publicly, telling them that "the walls have ears." Almost immediately a drawing of an ear appeared as graffiti on papers posted on the bulletin boards. For the rest of the year, this mysterious ear would appear on posted items throughout the club. Though it was intended as a jab at me, I actually found it amusing, and I wondered what other members thought it meant. I never again made the mistake of publicly addressing the behavior of the bullies.

Needless to say, after only a week in office I knew I would not be running for a second term. When my year ended, I gratefully slipped off center stage. The anger that had been directed toward me evaporated because in truth it was impersonal. I was a symbol of change. My presidency took place in the context of social upheaval in many arenas of public life. Ultimately the attitudes of those at the Club who resisted the unfolding of history were destined to become irrelevant.

In a place where so many people do so much for the common good, I was honored to have an opportunity to make a contribution. Since my first swim at the Club in 1977, I have seen much of the world, but I always return to the Dolphin Club. Like many Dolphins, an important part of my personal history, my heart, and who I have become resides at 502 Jefferson Street.

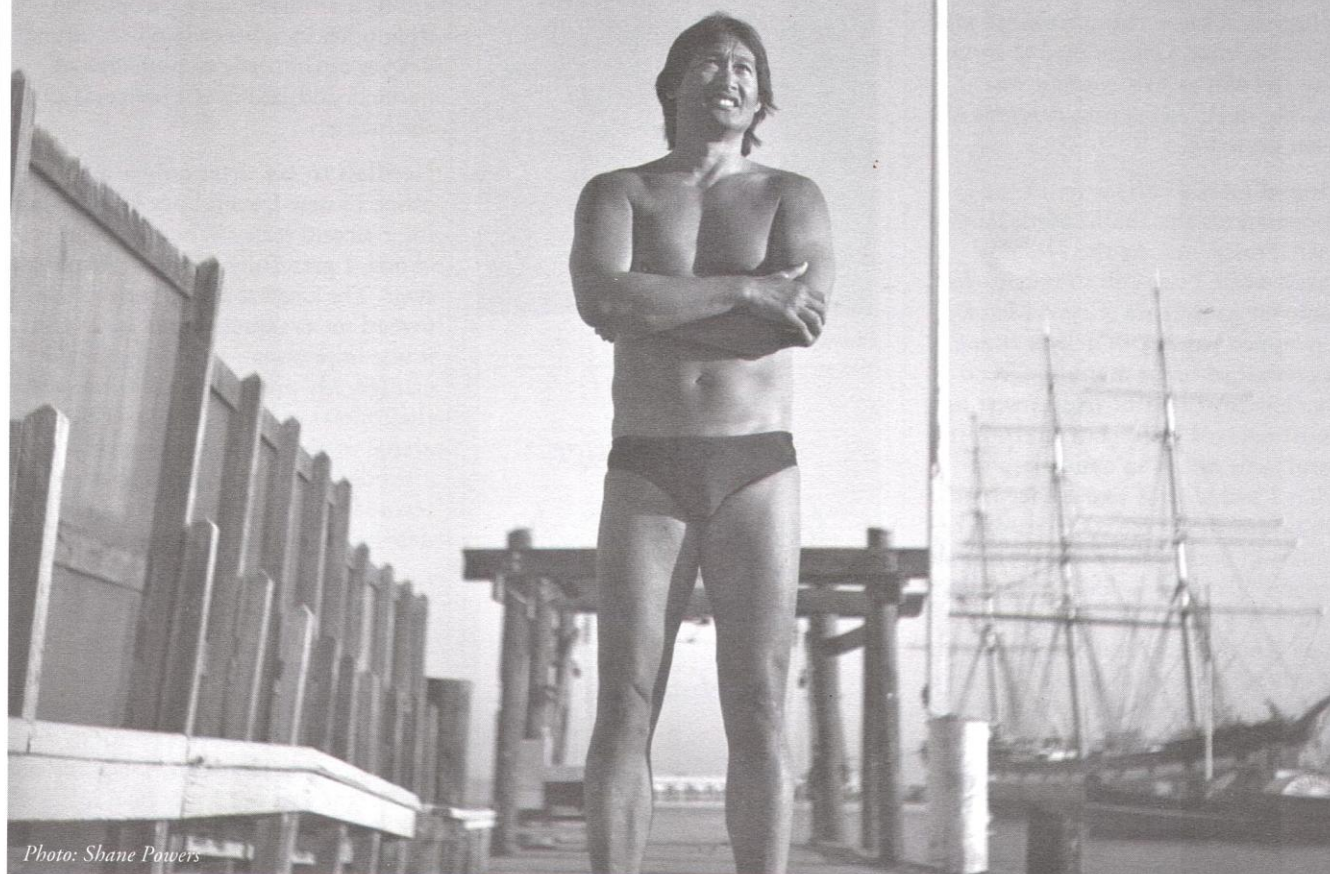


**W**riting this article for the Dolphin Log was more difficult than I anticipated, requiring both thoughtful and careful consideration because of my desire to avoid any semblance of harboring residual animosity, over sensitivity, cynicism, or giving the impression that it is therapeutically cathartic. Rather it is an opportunity to share my personal experience, a small but worthy historical footnote. Further, what made this article particularly challenging to even think about at times, much less write about, were the reminders of my early experiences that have been precipitated by the recent intermittent media barrage on what appears to be an ongoing epidemic in both hard and tabloid news that, in turn, has triggered an onslaught on the media's scrutiny, the public's attention, and the general outrage over the issue of race.

A JOURNEY TO ACCEPTANCE

## ARE YOU LOOKING FOR SOMEONE?

BY VINCE HUANG



*Photo: Shane Powers*



Some of the most notable examples are the questions about Senator Barack Obama's blackness, what started out as the local public outcry that went national over the *Asian Weekly's* printing of the inflammatory article: "Why I Hate Blacks," and the infamous, despicable rants that reached beyond sensible boundaries from such celebrities as Mel Gibson, Michael Richards, Don Imus, and other shock jocks. There was even the incredulous suggestion, part of the backlash on immigration, of an implied association of race with the recent Virginia Tech event. Race, racism, bigotry and discrimination encompass ideologies I grew to recognize and to see how their insidious power becomes an easy focal point for conflict and tension. As a member of an ethnic minority I've experienced my fair share of racism and discrimination. I've grown up dealing with the standard taunting, stereotype imitations, ethnic generalizations, outright blatant racial epithets, innocent off-the-cuff comments, the attempts to shame me for my biracial marriage, and tasteless jokes both in San Francisco when the social setting wasn't so liberal and accepting as today and later during my early adult journeys through a very white middle America along Interstate 80. At the time of my travels, I had naively assumed that the rest of the country was as ethnically diverse as the Bay Area. All these experiences, many of which I found were shared by other ethnic minorities, morphed into what I refer to as the acquired adaptation of a sixth sense, an intuition that alerts us with a palpable foreboding and foretelling gut feeling when mistreatment, based on ethnicity, is at hand. These trigger behaviors can be either overt or subtle in the nuance of someone's body language, eye contact or lack of, facial expressions and voice intonation.

**S**o, part of the impetus of writing this was to examine the question of whether racism existed here at the Dolphin Club. I can't speak for others. But my short answer: probably not in the overt sense. Nevertheless, there have been notable incidences of subversive and outright discriminatory behaviors and actions on the basis of egos, personalities, ideologies, political affiliation, and someone's self anointed prominence at the Club. This should come as no surprise. In retrospect, some of the controversial events that occurred here at the Club, put in a historical context, were inevitable in its social development. A series of milestones were achieved by tolerance, through indifference, and by the changing member demographics. The voices of blatant dissent and discriminatory attitudes were slowly marginalized by mortal attrition or the gradual realization that their ideologies were either out-dated or have become minority viewpoints, outnumbered and silenced by the emergence of a new majority. I don't want to give the impression that the Club has become a tranquil nirvana, but it has moved forward and continues to progress from the pioneer experiences of those members who happened to be at the forefront of each social ideologue controversy, making things today appear seamless and so ordinary. Some specific examples that represent landmark events that have raised a brow or would have our founding members turn over in their grave have been: the admission of women, minority

membership, biracial couples, women on our governing board, families (with children at the Club), and gay members. These transitions are not unique to this Club. There are examples of social and corporate barriers that are falling almost daily, some through greater acceptance, others coerced by statute.

**F**or me, joining the Club back in 1978 was to fulfill an adolescent dream: the opportunity to swim across the Golden Gate. It was a year after women had been "accepted," and I joined at the same time as my Irish girlfriend and future wife. I swear I could feel the eyes from the black and white photos of past members staring at me from the walls. Such blasphemy! First women, now this...what next? I knew I was joining a historical athletic institution, steeped in tradition and occupied predominantly by white males of Italian and Anglo American descent, which served as a sanctuary and bastion of privacy for guys to just be themselves. Many of the members I had initially met were genuinely friendly and accepting without pretences. They were iconic characters. How many remember the likes of Lawton, Drum, Tracy, Bogart, the Colonel, Burt, Murphy, Hector, Herman, Menucci, Bruno, and Landucci? Then there in the mix were the proverbial few who for no apparent personal reason made you feel like an anomaly, an uninitiated outsider that prompted more scrutiny. I attributed this to my ethnicity as other new non-minority members appeared to be accepted unconditionally. Some of the vivid memories I have were being ignored after a passing greeting, being excluded, and not being recognized as a member particularly around certain cliques, the exasperated look that said "What are you doing here?" when eye contact was made, and the standard questions: "Are you a member?" "What do you want?" "Are you looking for someone?" Incredibly, these questions were often asked by the same people several times. Though I was generally one to avoid conflict, I felt these behaviors, always annoying, at times bordered on harassment. I felt that if the situation didn't resolve itself it would become untenable and provoke confrontation. I generally responded by ignoring "it," all the while biting my tongue. I remember once being asked point blank by an incredulous naive old timer, "What are you?" It was easy to pick out the new members then because the membership was relatively small, but I also knew that I also stood out partially because of my physical appearance. Looking back, I can almost empathize with the reactions of some members, it was not personal, but I threatened changes to their status quo. I encroached upon their comfort zone and their concern with the overall impact to the traditional character of a very traditional Club. Having a thick skin contributes greatly to one's longevity and today I take pride in being a life member. I relish the mix of characters that make up our Club membership and the dynamics of humanity manifested in our many members. I doubt anyone today could even imagine such experiences at the club. I couldn't help but notice the turn of events within my morning six o'clock swim group which now includes four members of Asian descent—and a fifth often joins us in the sauna. How about that? In time, I've learned that all things do change, and how those changes are interpreted is up to you.

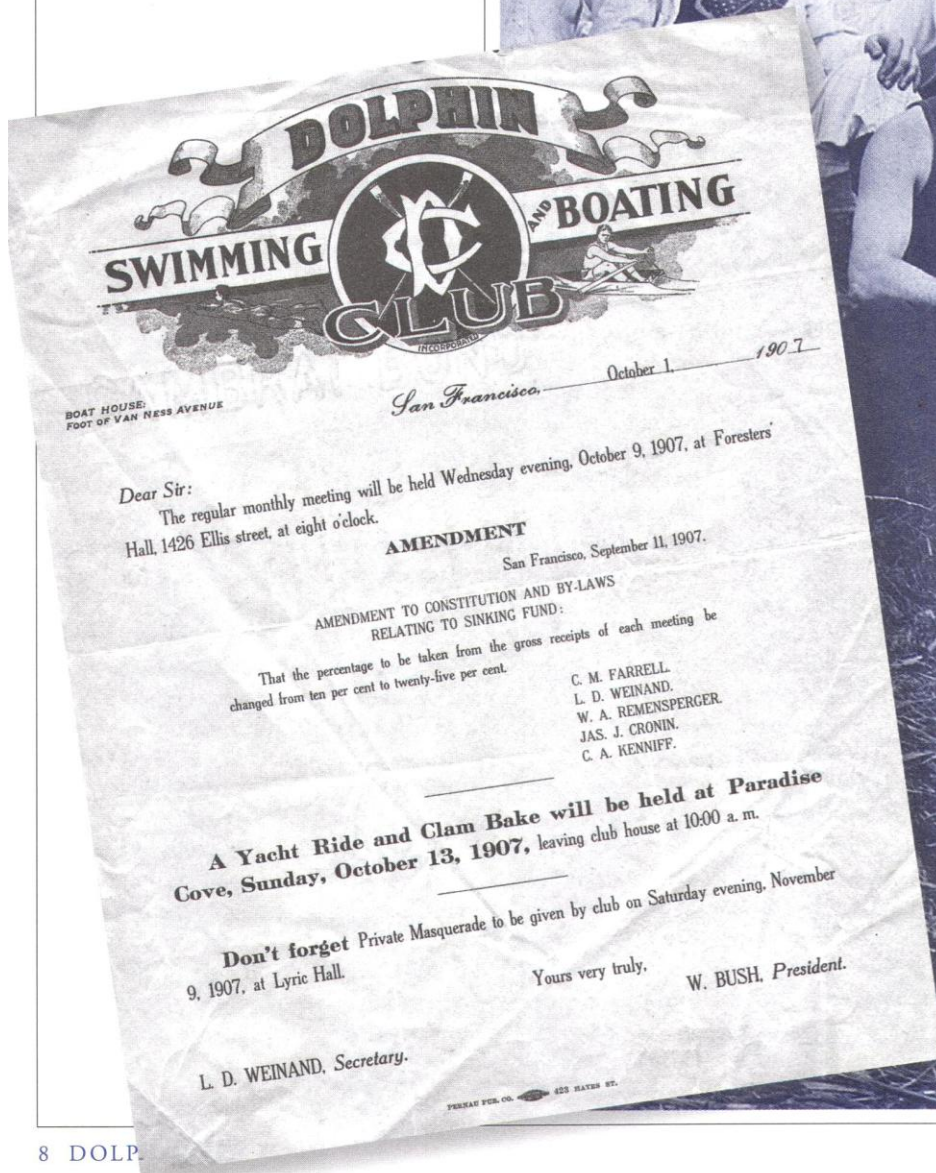
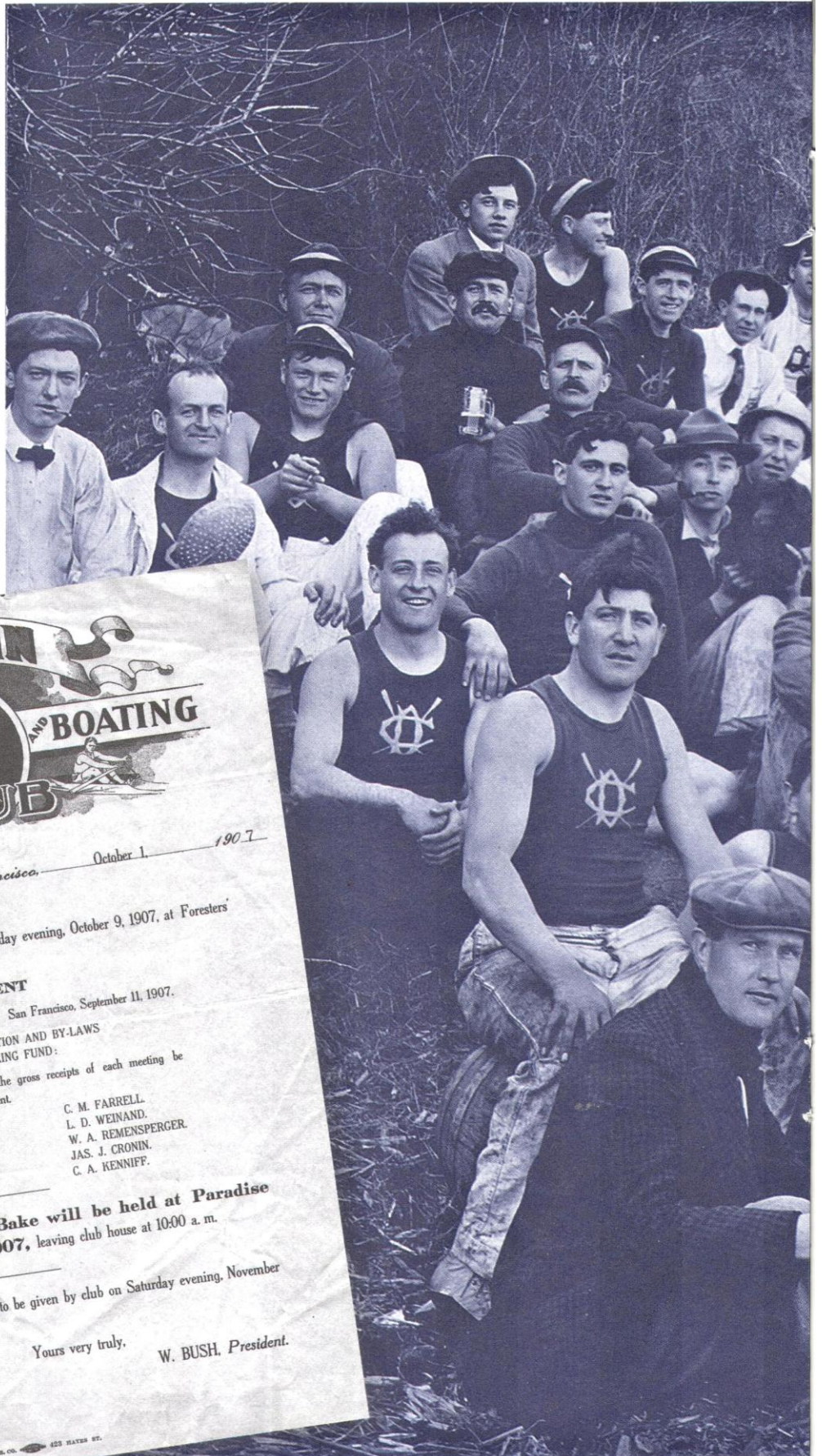


COURTESY OF  
WALT SCHNEEBELI

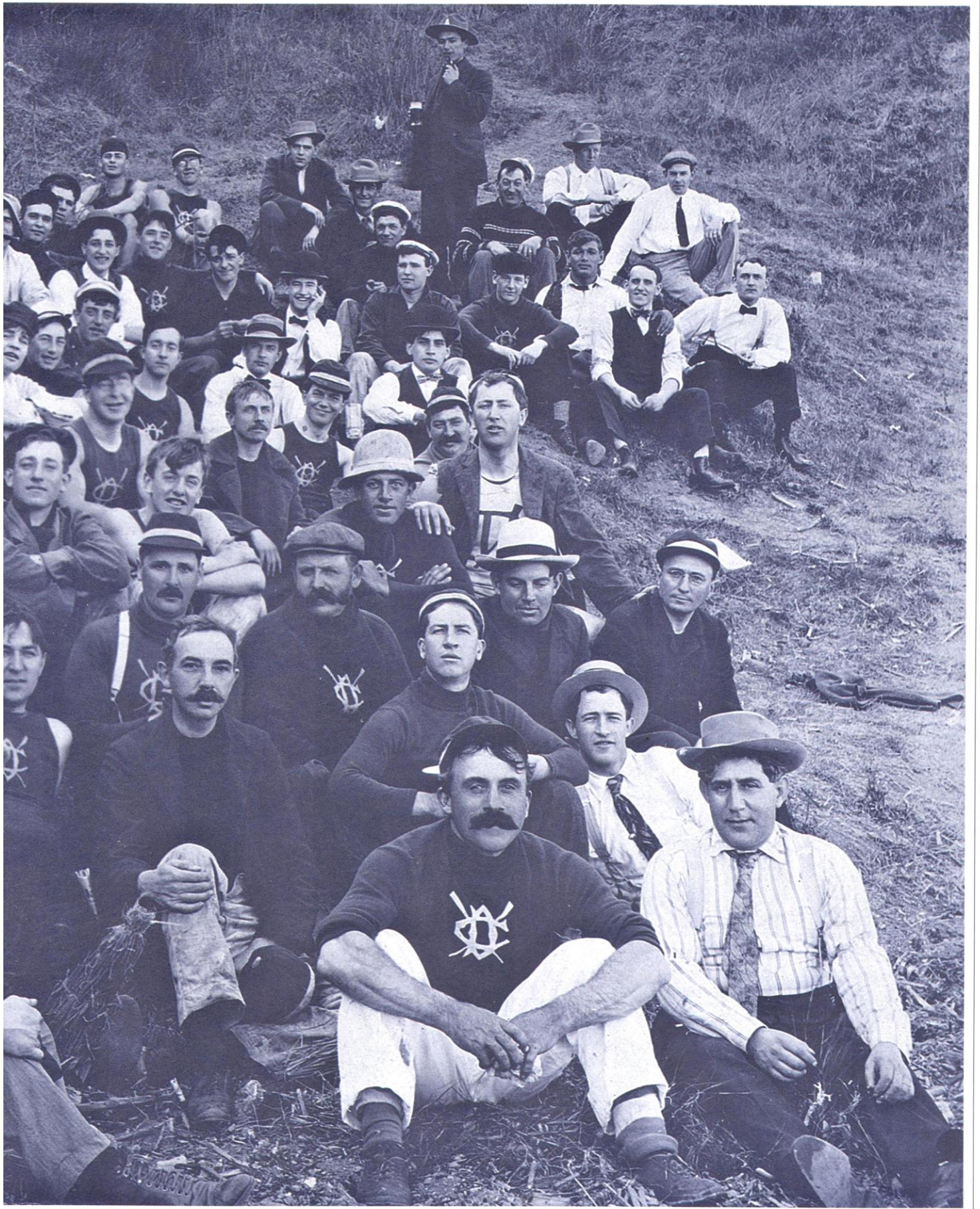
# 100 YEARS AGO TODAY

Dolphin Club Clambake  
October 13, 1907

Notables: Fifth row from front  
and fourth person from right:  
Jimmy Cronin (in jacket with  
moustache). Second row center,  
with jacket: Frank Staib.



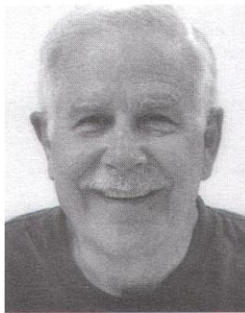




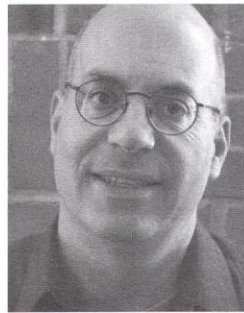




Diana Anderson\*



Richard Antonchuk



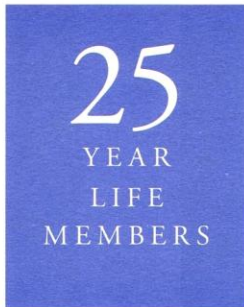
Jeff Banchero



Carol Block



Mary Cantini-Norkin



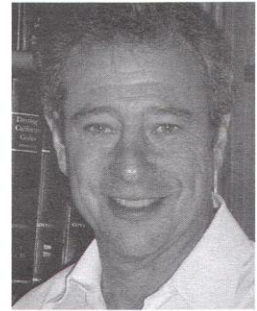
Rusa Chiu



Susan Cobb



Fran Collier\*



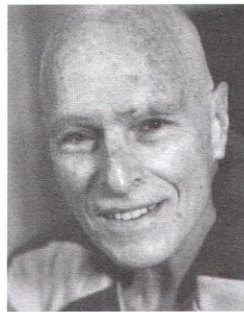
Ken Coren



Alan Farnham



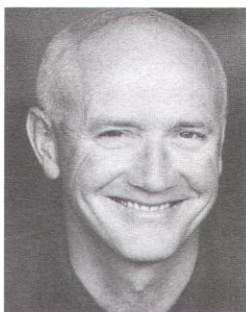
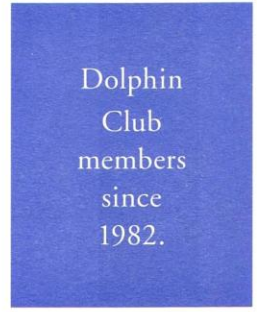
Karen Heisler



Jerry Jacoby\*



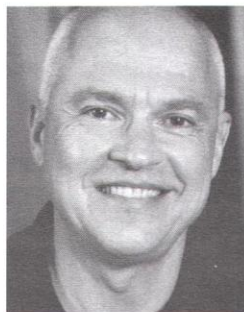
Dodi Marosi



Thomas McGraw



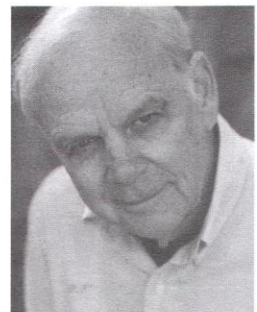
Sara Morris



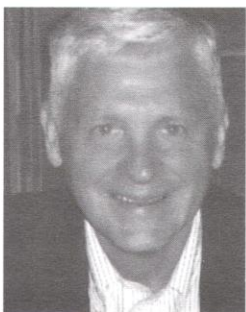
Keith Nelson\*



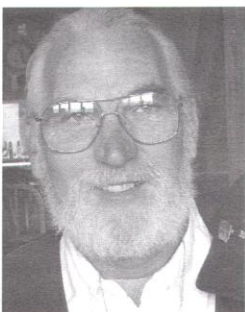
Lorna Newlin



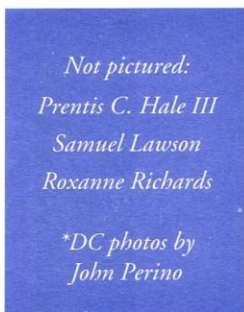
Stephen North



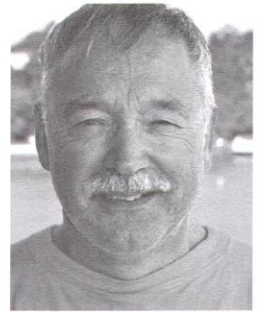
Michael Rolleri



Omer Thompson



Dennis Watson



Heinz Wichelhaus



## Around the World and Over It

There are days when we may question our sanity for wanting to row in the conditions that the San Francisco Bay throws at us, yet all the while we continue to row one stroke at a time, eventually accomplishing our goal of rowing the course we set out on.

Imagine rowing a boat across the Pacific Ocean. Better yet, imagine setting the goal of circumnavigating\* the globe solely by human powered means and in the process, climbing the highest peak on each continent. Herein lies the quest of Erden Eruc. Eruc has set out to accomplish the Six Summits Project. Over the Memorial Day weekend, he spoke to a small crowd of Dolphins about his dream.

Eruc's dream of accomplishing this amazing feat came in part from the inspiration and support of Goran Kropp. Goran Kropp is best known for his bike ride from Stockholm, Sweden, to Nepal in 1996. Kropp completed his completely human-powered journey to the top of Everest without supplemental oxygen. Eruc's drive to accomplish the Six Summits Project stems from a childhood dream of becoming an astronaut that was never realized because he saw only the obstacles that would prevent his dream from coming true.

In developing the Six Summits Project Eruc has faced many obstacles, but he knows that to accomplish his dream he must believe in himself and "see an obstacle as an opportunity to grow by finding a way around it." In February 2003 Eruc departed via bicycle from Seattle heading through the snow to Denali National Park in Alaska. He completed the climb and ride back to Seattle in May covering over 5500 miles. Phase 1 was complete.

In preparation for Phase 2, the Pacific Ocean crossing, Eruc signed on to assist Tim Harvey in his human powered journey from Lisbon to Vancouver. This would give Eruc an opportunity to test his craft and mettle in the open seas. Eruc and Harvey launched in October 2005 from Portugal. Early on in their crossing they encountered several weeks of headwinds and a crack in the bow of his boat and decided to stop in the Canary Islands for repairs. At this point, he and Harvey parted, and on January 29, 2006, Eruc continued on his journey. He reached the Caribbean 92 days later and in 3 days made landfall on Guadeloupe. He knew that his vessel was sound enough to make the journey across the Pacific and that he had the mental toughness to complete the crossing on his own.

Phase 2 of Eruc's journey, the crossing of the Pacific Ocean, began in July with a departure from Bodega Bay for Australia.

Throughout Eruc's travels he makes presentations to clubs like the Dolphin Club and schools. His presentation aims to engage children and adults with a focus on accomplishing one's dreams by overcoming the challenges and obstacles they may face, "challenges in life can be opportunities to reach greater goals."

Information about Eruc Erden's Six Summit Project and updates about his journey can be found at [www.around-n-over.org](http://www.around-n-over.org) and [www.oceanrowing.com](http://www.oceanrowing.com).

—Racheal Perry

## Peterson Regatta, San Francisco

MARCH 18, 2007

### COURSE (5 Nautical Miles)

Racheal Perry/Charlie McIntyre	Maas 31	45.13	1st Place, Mixed
Renee de Cossio/Tina Huang	Maas 29	47.31	
Emily Roth/Todd Oppenheimer	Liftraisr	59.29	1st Place, Mixed
Margaret Keenan/Ian MacLean	Viking	1:10.24	
Marty Machado - DC	Kapuna	1:21.45	1st Place
John Racanelli - DC	Cecco	1:22.48	2nd Place

## San Diego Crew Classic

APRIL 1 2007

### COURSE (1000 Meters)

Andy Kerr	55+ Mens 8	1st Place (MRC)
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## Sausalito Open Water Regatta

APRIL 15, 2007

### COURSE 1 (7.6 Nautical Miles)

Neal Snyderman	Aero	1:28:08	1st Place
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### COURSE 2 (5.34 Nautical Miles)

Peter Liefeld	Aero	57:38	1st Place
Racheal Perry	Maas 24	53:42	1st Place
Rene de Cossio	Flyweight	54:18	2nd Place
Dolores Meehan	Flyweight	1:05:18	

## Gold Rush Masters Regatta, Sacramento

MAY 5, 2007

### COURSE (1000 Meters)

Joe Abrams	Men's Single	2nd Place (PRC)
Joe Abrams	Men's Double	3rd Place (BRC)

## Lake Tahoe Open Water Regatta

JUNE 16, 2007

### COURSE 1 (8.75 Nautical Miles)

Racheal Perry	Women's Maas 24 & Maas Flyweight	1:27:22	2nd Place
Renee de Cossio	Women's Maas 24 & Maas Flyweight	1:28:08	3rd Place
Corinna Witt	Women's Maas 24 & Maas Flyweight	1:31:55	8th Place
Neal Snyderman	Men's Aero	1:38:02	1st Place

### COURSE 2 (3.75 Nautical Miles)

Charlie McIntyre	Men's 24	36:20	3rd Place
Dolores Meehan	Women's Maas 24 & Maas Flyweight	39:29	2nd Place
Gretchen Coffman	Women's Aero	40:46	1st Place
Peter Liefeld	Men's Aero	37:15	1st Place

## Wooden Boat Maintenance for 2007

Baggiani: Back in Service

Haake aka The Wanderer: In Service

Cecco: Out of Service for Varnish, June - August

Foster: Out of Service for Varnish, June - August

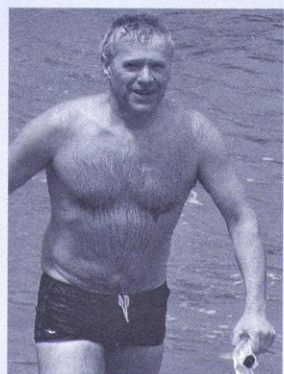
\*Circumnavigation: start and finish from the same location, cross the equator, cross all lines of longitude, resume each leg of the journey from the exact point where the previous leg ended, cover a minimum distance equal to the tropic of Capricorn, 36,788 km and proceed in one direction east or west, touch at least one pair of antipodal points—two points on the Earth's surface diametrically opposed.



# DOLPHIN LOG SWIM STATISTICS

## Swim Commissioner's Report

### Ralph Wenzel: The Ultimate Polar Bear



It's hard enough to imagine swimming 356 miles in winter. But it's even harder to imagine swimming so far, spending hours in the water each day and then, with the overall record—a record likely to stand for decades—within easy reach, to stop. Instead, of setting his own record, Ralph Wenzel chose to pay homage to George Keebe, who had reached that target three years earlier, and

to join him there on that seemingly impossibly high plateau. During a particularly cold, grueling winter, Ralph took only one day off from swimming when he was feeling under the weather. He missed a few afternoons, too, and with three weeks to go, he was some ten miles behind schedule. So he swam from the ball park on one day, Golden Gate Bridge on another, and Candlestick Park on a third.

Ralph's achievement, at once both humbling and uplifting for all of us, exemplifies all that is best about the Dolphin Club.

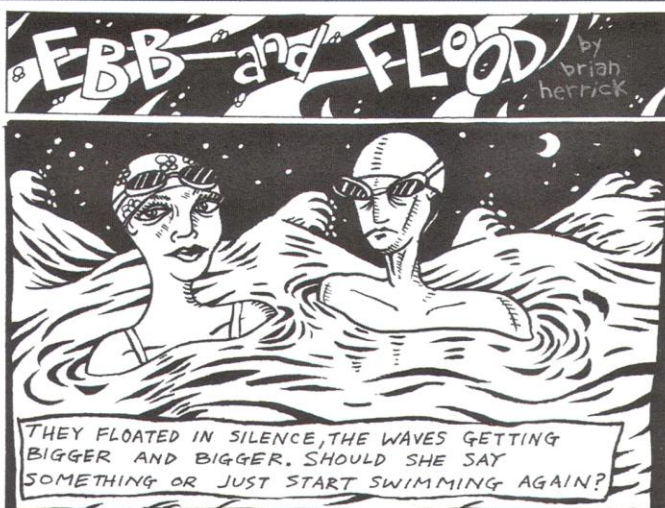
### Swim Update

Please note that the Joe Bruno Golden Gate swim has been rescheduled for October 20th at 8:45 a.m.

### And...

I've had the extreme pleasure of being involved with the swim commission for over three years now and I'm ready to pass on the torch. The rewards have been plentiful and I truly enjoyed the experience. With that said, I am pleased to announce that Brian Herrick will be the new swim commissioner for the 2008 swim season. Congratulations, Brian! Dolphins—Thank You!—for the continued support of the swim program.

—Rick Avery

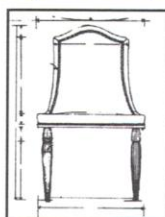


## 2006-07 Polar Bear

DEC 21, 2006 – MARCH 21, 2007

1. Ralph Wenzel	356	32. Bob Frank	45
(2nd to 40 Miles—Tied overall club record for PB miles)		33. John Mervin	45
2. Joe Illick	130.25	34. Robin Rome	45
3. Sean McFadden	110.5	35. Milan Odehnal	44
(3rd to 40 Miles)		36. Phil Rollins	44
4. Joseph Omran	105.5	37. Kathryn Harrison (Virgin)	43.5
5. Nigel Killeen	100.75	38. Larry Scroggins	43.5
6. Rick David	86	39. Pete Neubauer	43.25
(4th to 40 Miles)		40. Libbie Horn (Virgin)	43
7. Laura Merkl	81.5	41. Brian Herrick	42.5
8. Alex McJunkin	74.5	42. Laura Burtch-Zovickian	42.25
9. Noelle Maylander	73	43. Amber Rhett	42
10. Les DeWitt	71	44. Carter Seddon	42
11. Suzie Dods	68	45. Dean Badessa	42
(5th to 40 Miles)		46. Jim Ferrara	41.75
12. Vince Huang	63.5	47. Dan Taaffe	41.5
13. Hugh Kim	62	48. Steve Worthington	41.5
14. Vic Pizarro	61	49. Alison Perez	41.25
15. Krist Jake	58	(Virgin—may be the youngest PB ever at 18 years old)	
16. Neal Powers	57.5	50. Mark Bason-Mitchell	41.25
17. John Ottersberg	57	(Virgin)	
18. Phil Scarborough	57	51. Daniel Madero (Virgin)	41
19. Robert Drake (Virgin)	57	52. Dave Maloney	41
20. Pete Perez	55	53. Joe Mannion	41
(1st to 40 Miles—Overall club record holder for 1st to 40 Miles in 4 days)		54. John Theede	41
21. Peter Conidi	54	55. Jon Nakamura	41
22. Cory Ferrara	53.5	56. Keith Howell	41
23. Jim Frew	52	57. Mimi Osborne	41
24. Bob Lowney	51	58. Rebecca Tilley	41
25. Hal Offen	51	59. Rey Hassan	41
26. Sue Garfield	50.25	60. Rick Avery	41
27. Jay Adams	50	61. Tom McGraw	41
28. Nancy Cutler	50	62. Thomas Wehlen	40.75
29. Mary Alex Needham	47.75	63. Dan Osborne	40.5
30. Mark Mullen	46	64. Piper Murakami	40.5
31. Tom Hofmann	45.75	65. Sunny McKee	40.5
		66. Darcy Wettersten	40.25
		67. Greg Simon	40.25
		68. Andy Stone	40
		69. David Rich	40
		70. Eileen Buckley (Virgin)	40
		71. Emma Huckabay (Virgin)	40
		72. Erik Burke	40
		73. Jim Barron	40
		74. Jim Frank	40
		75. John Dugan	40
		76. Jon Ennis	40
		77. Lee Hammack	40
		78. Liz Ann Schiff	40
		79. Marcia Grimm	40
		80. Mick Lavelle	40
		81. Peter Kruit	40
		82. Steve Pratt	40
		83. Ted Tilles	40
		84. Tim Harwood	40
		85. Loretta Madden (Old Goat)	24
		86. Sarah McCuskey (OG)	21.25
		87. Jerry Cullen (OG)	20.5
		88. Keith Weaver (OG)	20
		89. Mary Lou Hirschfeld (OG)	20

## CONOR FENNESSY ANTIQUES & DESIGN



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SAN FRANCISCO

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CONTACT@CONORFENNESSY.COM



# DOLPHIN LOG SWIM STATISTICS

## Wave Organ Winterfest (WOW)

MARCH 18, 2007

1. Scott Haskins (10)*	20:35
2. Amber Rhett (9)*	21:28
3. David Rich (8)*	21:36
4. Nigel Killeen-Tie (6.5)*	21:54
5. John Renko-Tie (6.5)*	21:54
6. Laura Burtch (5)*	22:07
7. Ralph Wenzel (4)*	22:16
8. Bob Lowney (3)*	23:00
9. Chris Keene (2)*	23:35
10. Brian Herrick (1)*	23:55
11. Rick David	24:02
12. Rebecca Tilley	25:45
13. Kate Coleman	26:02
14. Jennifer Lamers	26:07
15. Noelle Maylander	26:25
16. Alison Perez (Virgin, Tie)	26:31
17. Paul Irving (Tie)	26:31
18. Les DeWitt	26:38
19. Rick Avery	26:41
20. Mary Alex Needham	26:45
21. Jay Adams	27:03
22. Todd Oppenheimer	27:14
23. Alex McJunkin	27:18
24. Dean Badessa	27:22
25. Terry Horn	27:41
26. Jim Frank (Virgin)	28:21
27. Jim Frew	28:42
28. Ted Tilles	28:47
29. Joe Illick	28:58
30. Piper Murakami	29:05
31. Pete Perez	29:29
32. Mark Lubiszewski	29:51
33. Emma Huckabay	29:59
34. Hal Offen	30:27
35. Robin Rome	30:34
36. Libbie Horn	31:23
37. Kevin Sancimino	32:37
38. Bob Frank (Virgin)	33:02
39. Sue Garfield	33:10
40. Sarah McCuskey	40:32
41. Nick Strelchuk	41:52

### Hurrah for the Pilots

Susan Allen, Marcus Auerbuch, Jon Bielinski, Barry Christian, Ed de Cossio, George de Cossio, Cory Ferrara, Brian Gilbert, Mark Gustin, Don Harrison, Reuben Hechanova, Ian MacLean, Jackie Merovich, Paul Nixon, Dan Osborne, Thomas Wehlen, Bob Weil, Dave Zovickian

### Helpers

Jay Adams, Rick Avery, Bob Danielson, Cory Ferrara, Sue Garfield, Emma Huckabay, Joe Illick, Tristan Killeen, Nigel Killeen, Jennifer Lamers, Mickey Lavelle,



Accomplished pilot Reuben Hechanova prepares to shepherd a new flock of fleeceless sheep. Photo: Tim Gasperak

Bob Lowney, Loretta Madden, Noelle Maylander, Pat McGarvey, Alex McJunkin, Mark McKee, Piper Murakami, Hal Offen, Mimi Osborne, Mark Perez, Pete Perez, David Rich, Phil Rollins, Kevin Sancimino, Emily Shepard, Nick Strelchuk, Rebecca Tilley, Ralph Wenzel, Ben Zovickian

## Yacht Harbor

APRIL 15, 2007

1. Steve Pratt (10)*	27.23
2. Suzanne Heim (9)*	28.23
3. Amber Rhett (8)*	30.06
4. Cory Ferrara (7)*	30.16
5. John Ottersberg (6)*	31.43
6. Laura Burtch (5)*	32.09
7. David Rich (4)*	32.16
8. Neal Rayner (3)*	32.24
9. Sy Bunting (2)*	32.25
10. Nigel Killeen (1)*	33.02
11. Ralph Wenzel	33.24
12. John Racanelli	33.45
13. Rick David	35.33
14. Noelle Maylander	36.54
15. Pat McGarvey	37.30
16. Kate Coleman	37.45
17. Jennifer Lamers	37.55
18. Daniel Madero	39.06
19. Todd Oppenheimer	39.24
20. Neal Powers	39.31
21. Alison Perez	39.42
22. Jim Ferrara	39.58
23. Les DeWitt	40.10
24. Jay Adams	40.11
25. Laura Merkl	40.37
26. Dean Badessa	41.51
27. Bob Drake	42.47
28. Piper Murakami	43.08

29. Pete Neubauer	43.40
30. Pete van der Sterre	43.42
31. Pete Perez	44.26
32. Emma Huckabay	44.43
33. Jaime Robinson	45.06
34. Terry Horn	45.44
35. Ken Coren	45.50
36. Robin Rome	45.55
37. Greg Hicks	45.60
38. Rey Hassan	47.19
39. Michael Weiner	49.52
40. Sue Garfield	50.11
41. Debbie Rose	54.03
42. Sarah McCuskey	62.25

### Hurrah for the Pilots

Marcus Auerbuch, Pete Bianucci, Jon Bielinski, Paul Brady, Barry Christian, Suzie Dods, Jim Frew, Jim Grant, Mark Gustin, Don Harrison, Reuben Hechanova, Brian Herrick, Margaret Keenan, Tom Keller, Susan Lauritzen, Bob Lowney, David McGrane, Ian MacLean, Paul Nixon, Dan Osborne, Shane Powers, Will Powning, Emily Roth, Rob Scott, Lyrinda Snyderman, Jim Thurmond, Tom Vaughn, Diane Walton, Bob Weil, Dave Zovickian

### Helpers

Jay Adams, Kate Coleman, Bob Danielson, Cory and Jim Ferrara, Joe Ferrero, Nancy Friedman, Sue Garfield, Rey Hassan, Elizabeth Holt, Emma Huckabay, Paul Irving, Bob Lowney, Loretta Madden, Jan McCall, Sarah McCuskey, Pat McGarvey, Piper Murakami, Pete Neubauer, Mimi Osborne, Pete Perez, Neal Powers, Steve Pratt, Phil Rollins, Gina Rus, Anne Sasaki, Matt Towers, Ben and Noah Zovickian

## Gashouse Cove

APRIL 29, 2007

1. Corey Ferrara (10)*	17.04
2. Catheryne DiPrete (9)*	17.49
3. Amber Rhett (8)*	18.10
4. John Renko (7)*	18.22
5. Neal Rayner (6)*	18.29
6. David Rich (5)*	18.36
7. Nancy Lewis (4)*	18.40
8. Nigel Killeen (3)*	18.44
9. Bob Lowney (2)*	19.09
10. Chris Keene (1)*	19.43
11. John Racanelli	20.01
12. Mickey Lavelle	21.05
13. Ian MacLean	22.03
14. Margaret Keenan	22.08
15. Mark McKee	22.14
16. Kate Coleman	22.16
17. Sunny McKee	22.49
18. Paul Irving	23.17
19. Todd Oppenheimer	23.26
20. Jim Ferrara	23.28
21. Jay Adams (Tie)	23.48
21. Gina Rus (Tie)	23.48
23. Dan Osborne	24.17
24. Keith Nelson	24.30
25. Tom Davis	24.32
26. Terry Horn (Tie)	24.55
27. Joe Illick (Tie)	24.55
28. Alex McJunkin	25.26
29. Jim Frank	26.37
30. Tracy Corbin	26.42
31. Pete Perez	26.54
32. Hal Offen	26.56
33. Emma Huckabay	27.07
34. Matt Towers	28.13
35. Mark Lubiszewski	28.17
36. Libbie Horn	28.53
37. Anne Sasaki	28.57
38. Anthony DuComb	28.59
39. Sue Garfield	29.45

## THE DOLPHIN CLUB BUILDING FUND

An opportunity to support the long-term capital needs of your Club through a tax-deductible contribution or gift.

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# DOLPHIN LOG SWIM STATISTICS

40. John Theede	30.49
41. Steve Lathram	31.09
42. Gail Grynbaum	32.49
43. Pete Bianucci	33.55
44. Will Powning	34.15
45. Bill Glover	36.41

## Hurrah for the Pilots

Ray Artigues, Marcus Auerbuch, Jon Bielinski, Barbara Byrnes, Barry Christian, Ken Coren, Nancy Cutler, Ed de Cossio Jr., Suzie Dods, Reuben Hechanova, David Shutt, Nick Strelchuk, Tom Vaughan, Diane Walton

## Helpers

Catherine DiPrete, Cory Ferrara, Jim Ferrara, Sue Garfield, Vince Huang, Joe Illick, Susan Lauritzen, Pat McGarvey, Laura Merkl, Keith Nelson, Mimi Osborne, Phil Rollins, Robin Rome, Rebecca Tilley, Madhuri Yechuri

## Over 60 Cove

JUNE 10, 2007

## Long Course

1. Susan Allen	21.17
2. Kate Coleman	21.22
3. Pat McGarvey	21.41
4. Dan Osborne	22.29
5. Joe Illick	23.25
6. Krist Jake	23.42
7. Scott Anderson	23.55
8. Keith Howell	24.20
9. Jay Holt	25.27
10. Pete Neubauer	26.03
11. Noel Turner	27.44
12. Sandy Lehmkuhl	31.15
13. Joe Cowan	32.30
14. Mary Cantini	32.45
15. Dennis Watson	32.48
16. Pete Bianucci	34.48
17. Bill Glover	34.55
18. Chuck Vogt	34.58
19. Mary Lou Hirschfeld	35.15



Over 60s gather before their Cove swim. Photo: Tim Gasperak

## Short Course

1. Phil Fernandez	16.03
2. Robert Selsted	17.32
3. Polly Rose	17.33
4. Bob Danielson	17.44
5. Rudy De May	19.19
6. Ray Artigues	19.25
7. Keith Weaver	19.28
8. David Broadbear	19.45
9. Walt Schnebelli	20.12
10. Sara Morris	20.36
11. John Davis	21.20
12. Bob McKenzie	21.45
13. Steve North	21.57
14. Mimi Osborne	22.34
15. Don Reid	23.05
16. Stu Etzler	23.42
17. Pavla Podolska	24.10
18. Keila Horovitz	24.40

## Hurrah for the Pilots

Dean Badessa, Ken Frank, Jim Frew, Reuben Hechanova, Daniel Madero, John Theede

## Helpers

Pam Derks, Sue Garfield, Gail Grynbaum, Mary Lou Hirschfeld,

Emma Huckabay, Susan Lauritzen, Pat McGarvey, Alex McJunkin, Lorna Newlin, Pete Perez, Pavla Podolska, Meg Reilly, Phil Rollins

## Over 45 Twilight Gashouse Cove

JUNE 23, 2007

1. Cory Ferrara	20.47
2. Nancy Lewis	23.14
3. Bob Lowney	23.15
4. Karen Boyer	24.26
5. Rebecca Tilley	26.42
6. Phil Rollins	26.53
7. Barbara Byrnes	27.03
8. Nancy Cutler	27.08
9. Andy Stone	28.06
10. Sunny McKee	28.26
11. Rick Avery	28.34
12. Daniel Madero	28.35
13. Jim Ferrara	28.44
14. Kate Coleman	28.46
15. Mary Alex Needam	29.18
16. Keith Nelson	29.45
17. Joe Illick	29.54
18. Krist Jake	30.05
19. Nancy Hornor	30.43

20. Bob Blum	31.16
21. Ken Coren	31.32
22. Matt Towers	31.39
23. Fred Johnson	32.31
24. Peter van der Sterre	32.35
25. John Hornor	33.20
26. Pete Neubauer	33.54
27. Cheryl Wallace	34.26
28. Naphtali Offen	34.32
29. Katie Maloney	35.40
30. Anthony DuComb	36.08
31. Rey Hassan	36.32
32. Jan McCall	38.08
33. Susan Lauritzen	38.17
34. John Theede	38.27
35. Will Powning	39.01
36. Mary Cantini	39.19
37. Debbie Rose	39.34
38. Steve Lathram	40.11
39. Gail Grynbaum	40.17
40. Mary Lou Hirschfeld	47.07
41. Sarah McCuskey	48.40
42. Nick Strelchuk	50.56
43. Pavla Podolska	57.02

## Hurrah for the Pilots

Ray Artigues, Marcus Auerbuch, John Blackman, Joe Cowan, Suzie Dods, Rodes Fishburne, Jim Frew, Mark Gustin, Don Harrison, David Haskel, Reuben Hechanova, Nigel Killeen, Tim McElligott, John Ottersberg, Anne Sasaki, Tom Vaughan, Diane Waltone

## Helpers

Rick Avery, Rake Beach, Ken Coren, Anthony DuComb, Cory Ferrara, Rey Hassan, Athena Kyle, Jennifer Lamers, Loretta Madden, Noelle Maylander, Pat McGarvey, Mark McKee, Mary Alex Needam, Alison Perez, Pavla Podolska, Will Powning, Phil Rollins, Megan Sullivan

\*Ladies Cup Points

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JOHN PERINO



As Dolphin Club members, we are surrounded by cycles. The tides, the dips and climbs of temperatures, the loops of the cove which bring us to a completion—and the start of another adventure. It is precisely because of these cycles that we see our fellow 'phins take so much care to leave things as they found them. A row is really not finished until the salt has been rubbed off, the painter coiled; a dinner is not complete until washed dishes are set to dry, ready for the next party. I think the hand of members past are on our shoulders every time we enjoy our club, guiding us to do so for the greater good of 502 Jefferson.

It is in this spirit that I would like to talk about another cycle which I hope will become, if not already firmly entrenched within your daily practices, another rewarding ritual. So here's the dirt.

It is difficult to live in San Francisco and not notice the enormous amount of energy put into composting and recycling. So much does our city

pride itself on championing environmental causes that it has legislated incentives for its citizens to go green. With this in mind, I queried our e-mail group about extending recycling and composting at the club. A couple big objections came back: the possible smell that might suffocate member's airways with ever-constricting halos of putrescence and, of course, the perennial threat of a greater varmint menace.

So, to get down to brass tacks, I did a garbage audit of our existing waste removal system and came up with happy news. By refining how we close the loop, I found that the club stood to save about \$42.50/month. With such a green for green incentive, why clutter landfills? Organic waste thrown into garbage dumps is far removed from worms who would normally break down the material to healthy humus. By composting, we not only produce more nutrient rich worm poop, but also decrease the amount of greenhouse gases created by festering waste from those dumps. As evidenced by the epigram above, Hamlet was one of the great proponents of composting both as a way to keep the environment thriving and as a social leveler, so pitch in! [Nota Bene: It has been suggested that Hamlet received the moniker "melancholy Dane" not because he brooded over the ghost of his father, but because no one else at Elsinore castle would join him in composting.]

## PRESIDENT'S REPORT

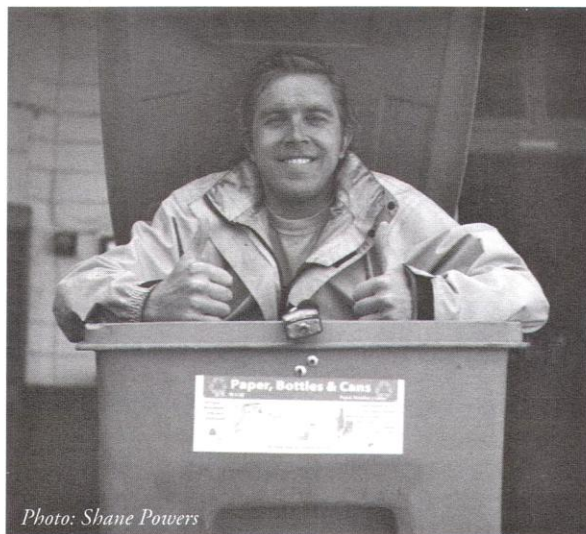


Photo: Shane Powers

### SOMETHING ROTTEN

BY TOM KELLER

**HAMLET:** *A man may fish with the worm  
that hath eat of a king, and eat of the fish  
that hath fed of that worm.*

**KING:** *What doest thou mean by this?*

**HAMLET:** *Nothing but to show you how a king  
may go a progress through the guts of a beggar.*

— iv.iii.27-31

Here's how this new system works. We have reduced the big garbage dumpster from two cubic yards to one and one half. To account for this missing twenty-five percent, we received one more blue bin for recycling and two compost bins. The blue bins have been switched from plastic, glass and metal only to co-mingled recycling which includes paper products of all sorts. The Commodore was much relieved at the notion of retiring from pulling paper out from used plastic bottles and beer cans. The green bins can accommodate not just food scraps, but much organic material including the paper plates and cups which so frequently get thrown in trash cans after parties.

This change will require an investment of effort and time on all of our parts to adjust to filling the proper container. At a recent board meeting, governor Laura Atkins volunteered to put up the signs and strategize how we can educate members. It is hoped that we could move to

composting any paper towel we use—galley, bathroom, wherever—but we are still not sure how best to attempt this. It is clear, however, that the best education is through experience and casual discussion. And so, at recent club functions, Laura has made sure that trash has been disposed of appropriately. Brava!

Another change, that of the club's light bulbs, will also require an adjustment period, but will soon pay off. Building Captain Neil Hartnett and I have been working on switching our lightbulbs to more efficient ones. California is currently applauding the efforts of businesses and residences to go green by offering enormous rebates on lighting materials and installation. The audit of our bulbs is complete and we are waiting on a finalized proposal.

Lastly, outraged at the cost of those industrial paper towels (\$6/roll!), perennial Building Committee member Dan McGill volunteered to change the size of their dispensers. Once we did this, governor Brian Herrick and I went to Costco to price TP and paper towels. Turns out that in buying from Costco, we virtually cut our costs in half!

Because we live in one of the greenest cities in the world, I would hope that if you are not certain about what goes where, you might ask a fellow, more knowledgeable member, or read one of the compost/recycling notices posted at the club.





The Dolphin Swimming  
& Boating Club  
502 Jefferson Street  
San Francisco, CA 94109

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## DOLPHIN CLUB SWIM & ROW SCHEDULE 2007

Jan 1	Mon, 9:15 am	New Year's Day Alcatraz
Jan 27	Sat, 9:30 am	Pier 41
Feb 11	Sun, 8:30 am	Handicap Cove
Feb 18	Sun, 1:00 pm	Old Timer's Lunch
Feb 25	Sun, 8:30 am	Pier 39
Mar 3	Sat, 2:30 pm	Gar Woods Tahoe Winterfest
Mar 18	Sun, 9:15 am	W.O.W. Triathlon n' BBQ
Mar 21	Wed	Polar Bear Swim Ends
Apr 15	Sun, 7:30 am	Yacht Harbor
Apr 29	Sun, 8:30 am	Spring Gashouse Cove
May 12	Sat, TBD	GG Bridge Rowing Relay
May 19	Sat, 9:00 am	Dick Beeler Crazy Cove
June 1	Fri	100-mile Swim Begins
June 10	Sun, 9:00 am	Over 60 Cove
June 23	Sat, 5:00 pm	Over 45 Twilight Gashouse Cove
July 7	Sat, 8:00 am	Bay Bridge
July 21	Sat, TBD	Trans Tahoe Relay
Aug 4	Sat, TBD	Santa Cruz Pier
Aug 5	Sun, TBD	Alcatraz Row
Aug 18	Sat, 8:15 am	Alcatraz
Aug 26	Sun, 8:00 am	Crissy Field
Sept 9	Sun, 8:00 am	Fort Point
Sept 29	Sat, 7:30 am	Escape from Alcatraz Triathlon
Oct 20*	Sat, 8:45 am	Joe Bruno Golden Gate —*new date
Oct 27	Sat, 9:30 am	Dolphin/South End Triathlon
Oct 31	Wed	100-Mile Swim Ends
Nov 10	Sat, 4:30 pm	Pilot Appreciation Dinner
Nov 22	Thur, 8:30 am	Thanksgiving Day Cove
Dec 16	Sun, 9:00 am	New Year's Day Qualifier
Dec 16	Sun, 11:00 am	Christmas Brunch Party
Dec 21	Fri	Polar Bear Swim Begins

\*note new date

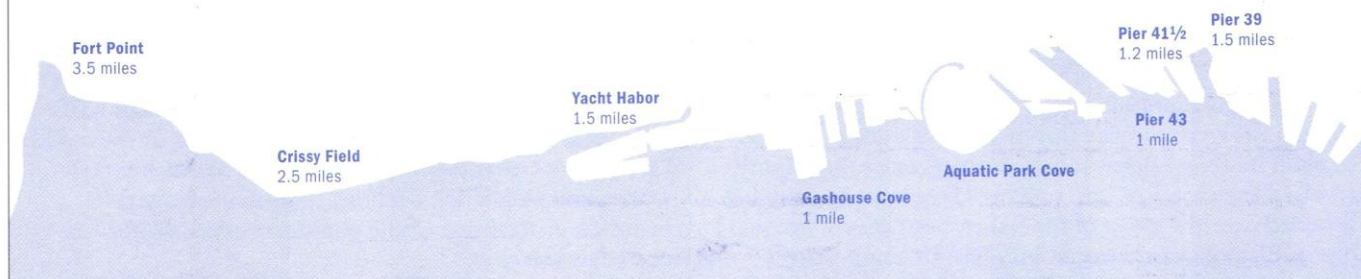
### ROWING TRAINING

On the these Saturdays  
or Sundays beginning  
at 9:00 am:

January 20, Saturday  
February 24, Saturday  
March 24, Saturday  
April 21, Saturday  
May 19, Saturday  
June 23, Saturday  
July 21, Saturday  
August 19, Sunday  
September 23, Sunday  
October 20, Saturday  
November 17, Saturday  
December 15, Saturday

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
  2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
  3. For out-of cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
  4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
  5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
  6. Swim sign-up sheets are posted two weeks prior to each swim.
  7. Time limits are imposed and enforced for all swims.
  8. All club boats are reserved for scheduled swims.
- Additional qualifications for Alcatraz and Golden Gate Swims*
9. In-town members must successfully complete three swims and pilot or help on at least two others.
  10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.





FALL 2007

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

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Liz Van Houten, *Proofreader*

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Walter Schneeblei

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Suzanne Heim Bowen

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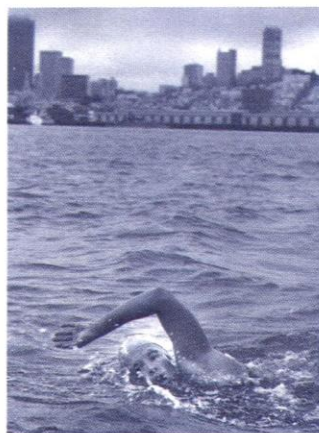
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## Suzanne Heim Bowen Inducted into International Masters Hall of Fame

The evening of September 26, 2007, at the United States Aquatic Convention held in Anaheim, was an extraordinary moment in my swim career. I was the first open water swimmer to be inducted into the International Master Swimmers Hall of Fame. I was proud and honored to be included alongside outstanding athletes and some of my role models from swimming, diving, water polo and synchronized swimming.

It was very important for me to share this award with my husband, Phil—my best friend—who stays composed during moments of 'distress.' For example, one day I was unable to find my cap and goggles right before an event, and was frantically dumping

out my backpack, turning my pockets inside out, and, of course, asking Phil if he put them somewhere. He calmly told me, "Suzanne, they are on your head!"

I took the opportunity to thank my parents for instilling self-confidence in me, not just in swimming, but in life in general. A personality trait I can thank my parents for, and one common to many open water swimmers, is tenacity—that 'stick-to-it-ness' characteristic. Tenacity comes in handy during those character building long hours in the ocean. My mother also swims Masters in the 80- to 84-year-old age group, and those who know her have told me, "We know where you got it from!" My parents have encouraged me to pursue my passions, including working with developmentally disabled students who have profound needs. I have learned a lot from my students, in particular, making sure to embrace the present.

My open water swimming career began when I was a 19-year-old at the Dolphin Club where I watched 'old timers,' ages 80- and 90-years-young—making sure to get their 'daily dip'—some of them had not missed a day in 25 years. To me, that is inspirational! I certainly have nothing to whine about if it is a little chilly on New Year's Day!

Members have helped me achieve something that I had never even dreamed or thought possible. You have put in countless hours and have given so much of your time to keep our boats and club looking beautiful. Meanwhile, I became something of a group project. There was often quite a flotilla to accompany me. Sometimes people had to get up at one or two in the morning to prepare the boats, etc. It was all about adventure, working as a team, pushing the boundaries of 'new' swims that had not been done, seeing if we could get mother nature, tides, currents and swimmer all working together. Of course afterwards we always managed to celebrate. It was you who provided the opportunities, motivation and challenge so that I could follow my aquatic passions. Thank you!

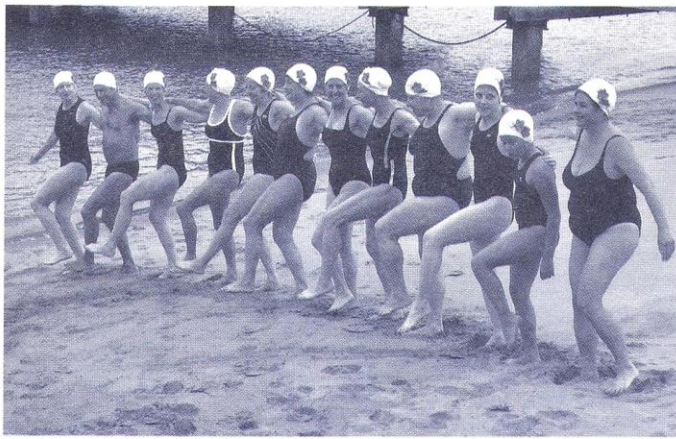
—Suzanne Heim Bowen

## A Good Year!

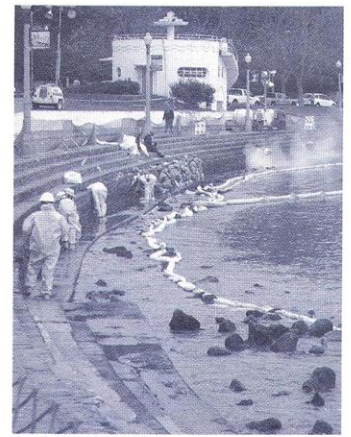
Since its inception the Dolphin Youth Swim Program Fund has raised \$47,304. We had record contributions over the past year, enabling us to grant \$9,000 to San Francisco youth swim programs in 2007, the largest amount we've ever given in one year.

—John Theede





(left) *The Aquanaughts in action on the Dolphin Club Beach.*  
Photo: John Frederick



(right) *A clean-up crew in Aquatic Park ten days after the oil spill on November 7.* Photo: Sunny McKee

## The Aquanaughts

This summer, we performed a water ballet in the bay to honor life member Susan Cobb's and new member John Frederick's upcoming wedding. It's a tradition that started several years ago when, in 1994, Susan Allen asked me to produce a water ballet for her 50th birthday. *Dames at Sea* was the featured entertainment with show tunes from *South Pacific*, *Gypsy*, and *A Chorus Line*. Tina Scott and I glued silk roses on old-fashioned white caps with chinstraps. The routine included a grand entrance down the stairs, a dance on the beach, a spectacular diving entrance, and the water ballet.

In 2004, Susan Allen approached me again to resurrect the water ballet for her 60th birthday. This year it was the turn of Susan Cobb who wanted a performance for her pre-wedding party. She selected songs sung by Bette Midler symbolizing their romance: *Fever*, *Slow Boat to China*, and *Chapel of Love*. Performing a water ballet between the piers does present its challenges as the tide pushed our floating "medallion" into the South End dock. But, of course we were a huge success and visitors were astounded. The fun, hard work and camaraderie of performing with these

great Dolphins made it all worthwhile. So if another milestone calls us, we'll be there in our floral caps—and next time—louder music!

This year's Aquanaughts: Susan Allen, Joni and Gabi Beemsterboer, Natazha Bernie, Kate Coleman, Ken Coren, Wendy Katzman, Susan Lauritzen, Polly Rose, Monica Towers, Darcy Wettersten, Lorna Newlin.

—Lorna Newlin

## Trouble On Oiled Water

On Wednesday November 7 at about 9:30 am, I went down to the Club for my usual swim. As I came out of the water, I noticed a slight gas smell but thought it must be left over from a boat leak a couple of days earlier at the marina next door. Later, I checked my email and saw the correspondence from Suzie Dods and Tom Keller advising us of an oil spill. Only then did I realize that the smell had been coming from 58,000 gallons of bunker oil rapidly moving through Aquatic Park on a 5.6-foot ebb. I felt like I had been struck somewhere deep in the core of my being. Others described their experience as "being hit on a cellular level" and "like my church had burnt down."

I live about three blocks from the cove and the next

day as I walked down to an empty Club, a strangely familiar feeling passed through me. My mind moved to 9/11 and how as a native New Yorker I searched in that hollow space for the Twin Towers. Somehow it felt like the Bay was dead. We heard it would be weeks before all the oil was recovered and that the assault on the Bay, wetlands, and wildlife would impact us for years.

Over the next few days I felt disoriented, in mourning. I needed to do something and went to the first HazMat certification class. I and seven other Dolphins formed a cadre with the hope of going to Aquatic Park and beginning to clean it up. Instead, we were assigned to Ocean Beach, ironically led by a PUC employee who turned out to be a South Ender, and dressed in white Tyvek suits that made us look like a cross between Michelin Men and Tele-Tubbies because the only size they had was 3X.

The confusion over how the spill happened and who was in charge of the clean-up infuriated many people, especially the massive number of volunteers who were rebuffed. It seemed to center around politics, liability and money.

Within two weeks, many of us were back in the water, but I am left with a question

that still continues to haunt me. How does my consumption of fossil fuel products contribute to environmental devastation? A dear friend told me that as she entered the Bay for her first post-spill swim she could hear a voice from deep within pleading "Please forgive us for what we have done to you. Please forgive us."

—Gail Grynbaum

## Lament for a Dead Sea-Bird

*I grieve for grebes that wash ashore  
To tread the dappled waves no more.*

*This little bird, that lately died,  
Was wont to pedal through the tide,  
His dumpy body, trim and pert  
To overbearing surf alert,  
That braved, with no apparent care,  
All onslaughts of both sea and air  
When foam would fly and billows boil,  
Succumbed to feather-clogging oil.  
Each petal-fingered leather hand  
Is folded by a last command.*

*His life's account is settled now.  
His elfin bill and shallow brow  
In dead disorder double back  
On soggy plumes of grey and black.  
He treads the dappled waves no more.*

...

*I grieve for grebes that wash ashore*

—Ralph A. Lewin

*The Biology of Algae and Other Verses,*  
published by Boxwood Press

*Three weeks after the Cosco  
Busan oil spill, the death toll  
for local and migratory birds is  
estimated at 2,700.*



# Ignorant Innocence Afloat

BY BRIAN GILBERT



Illustration by Robin Rome

In the good old/bad old days of the Dolphin Club, there was no formalized rowing training. In fact, there was very little formality of any kind. Anything you got in the way of instruction tended to come in the way of offhand remarks and “Oh, by the way...” kind of advisory comments. So I felt right at home when I joined, because I felt that I already knew everything, and what I didn’t know wasn’t worth bothering about.

I was motivated to join one day when I was out on Muni Pier and saw people rowing in boats with sliding seats. Imagine that! A rowboat, with a seat that slid back and forth! I watched the boats return to the building in the center of the three located at the eastern end of the beach (the western-most building has long since burned down) and tentatively knocked at the door, hoping I had the right building. I asked if I could join, and was greeted with great enthusiasm. This was a time when the majority of the members were more concerned with an excuse to leave home and do some serious man-type talking on a weekend than anything else.

There was a lot of drinking, both in and out of the locker room, and a lot of smoking—frequently with the thin Italian cigars popularly known among the cognoscenti as “dago ropes.” Naturally, young joinees were popular (and much in demand) because they lent more credibility to the general atmosphere. It’s tough to convince your wife that you belong to an athletic club, if all she ever sees are guys drinking and smoking and playing cards.

Needless to say, there was much less emphasis on the athleticism and physical fitness aspects of membership than there is now. At that time the various members concerned with such



things would implore likely prospects to please sign up for a swim—"because we only have five people signed up and we need to have six, or we can't have a swim."

So I strode boldly into this milieu, armed with the invincible certainty of youth and thinking that I knew all I needed to know about rowing. I mean, what was there to it? The oars went back and forth, and the seat slid forth and back; when the oars went back, the seat went forward—and vice versa. What part of that is hard to understand? So after a couple of launchings and rows around the cove, I decided I was ready for the big time. A major league oarsman, that was I.

Early on a sunny Saturday morning in May, I came down to the Club, launched a boat and headed toward Sausalito. The water was as flat as a sheet of glass; since I'd never been out of the cove before, I simply assumed it would be like that all the way over and back. So I rowed away manfully and arrived in Sausalito just before lunch, and immediately headed for Sam's. I had noticed that the trendy types went there, tied up their yachts, and proceeded to dine on the deck in their yachting togs. I was vastly amused by the idea that I could tie up my elegant little Whitehall and dine al fresco with all the nautical persons in their blazers, caps, and rope-soled topsiders. And I even scored a table on the edge of the deck, and sat there in lordly splendor in my sweat pants and shirt smugly overlooking everything and feeling vastly superior (athletically) to everyone. The first cheeseburger and beer felt so good that I decided to have another. And the second one tasted so good that I had a few more beers to wash it down. By then, it was getting to be about 1:30 and I was tired of gloating, so I decided to start my return trip.

My education was about to begin.

As soon as I came out of the little cove and hit open water, it became very obvious (even to me) that things had changed. I had never heard of the "two

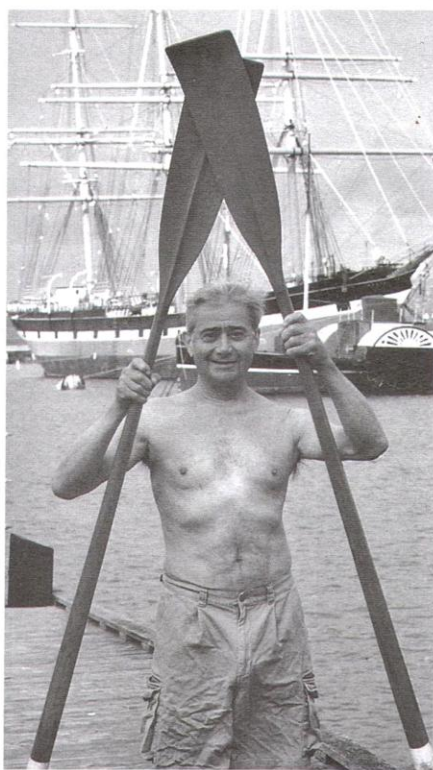
o'clock hurricane," or if I had, I paid no attention. But now the tide was going out; and the wind was coming in—and it was doing it big time. And of course, whitecaps ruled the bay as they do in conditions like that. Nothing daunted, I launched boldly out into the middle of it. I planned to go straight across to the south shore, and take advantage of the following wind to row back to the Club. But... "The best-laid schemes o' mice an' men Gang aft agley"—not that these plans were especially well laid. It quickly became apparent that no matter how hard I rowed, I was going east faster than I was going south. It didn't help that the swells and churn were tossing my boat around so much that one oar or the other was frequently out of the water, I was catching crabs with alarming frequency.

But I kept rowing as hard as I could, and then noticed Alcatraz looming up on my right. That was a shock, because it was so far to the east of where I wanted to go; in fact, it's east of the Club. Then I became aware of the rocks that are about 50 yards east

of the western end of the island. The big decision loomed—should I go outside of the rocks, or in between the rocks and the island? I decided on the outside route—big mistake. The wind was too strong and it blew me right into the middle of the formation, and my oar tips started hitting them. Then I looked around, and was suddenly aware of two uniformed figures with guns standing on the edge of the island. It was still a Federal prison then, and boats were forbidden to come within 150 yards. One man was waving his arms, and the other was pointing his gun at me. Ordinarily, nothing disturbs my concentration like the threat of sudden death. But my fear of drowning was more immediate, and it overcame my fear of buckshot. I was terrified of holing the boat on the rocks; I couldn't swim, and I had no life preserver.

But God watches out for fools. There is no other way to explain the fact that I got through the rocks without damage to the boat. And by rowing with all my strength, I managed to get back to the Club. I have seldom been so glad to get back to anywhere. But! My troubles weren't over yet. When I came in, the apron was up. So I thought I would just pull the boat up on the beach and go around and drop the ramp and recover it that way. Logical, right? So I just landed the boat up on the beach, and wearily climbed out. Suddenly some very angry men appeared. Foremost among them was a man shouting at me and calling me things that can't be printed in a family newspaper. I had never seen him before, but I later learned he was an Inspector in the SFPD. It gradually became clear that I had committed a major transgression in pulling a boat up on the beach. Finally several of the other members got him calmed down, and one of them told me that I must never put a varnished boat up on the beach. And how come I didn't know that?

I finally got the boat wiped down and drained by 4:30. The blisters on my hands went away after about ten days. The lesson in humility has endured.



Brian Gilbert: no longer innocent.  
Photo by Jon Perino



*Jeremy Fisher-Smith building the Thor, a Viking replica, in 1986 for the South End.*



## JEREMY FISHER-SMITH: KEEPER OF THE VIKING FLAME

BY TODD OPPENHEIMER



One morning in the early 1980s, a young boatbuilder named Jeremy Fisher-Smith got a phone call from Bill Walden, a legendary Dolphin rower. Walden wanted to talk about the *Viking*, a boat he was devoted to that had gradually fallen into disrepair. "You better get down here,"

Walden told Fisher-Smith. "If you don't come and get it they're going to chop it up with a chain-saw."

Fisher-Smith wasted no time getting over to the Club. He too loved the *Viking*, having stayed up all night several years earlier studying, drawing, and measuring the boat, so

he could build a replica of her for the South End Club. "I really went to school on that boat," Fisher-Smith recalls.

For decades the sleekest craft in the two clubs' fleets, the *Viking* was built around the turn of the century by two carpenters who worked in one of the city's then-ubiquitous cable car barns (this one, on Washington Street, remains in operation as the city's Cable Car Museum). Although unusual today, the *Viking's* design was not uncommon for turn-of-the-century rowboats. Fisher-Smith explains that it's almost a gig, a style that uses more steam-bent planking than is seen in the clubs' other boats. Those are primarily whitehalls, built for heavier labor.



While the background of the *Viking's* builders is unknown, it is likely they were old hands at boatbuilding. At the turn of the century, cable cars, boats and horse carriages all drew on the same kinds of craftsmanship, says cable car historian Emiliano Echeverria. The reason is that each of these vehicles endured similar stresses and needed similar strength. Since wood curved by steam-bending is far stronger than wood curved with a saw, the masters of steam-bent carpentry often moved freely between the wharf and the city's car barns. This is also the reason that the *Viking*, as well as some of the city's cable cars, have lasted for a century.

Sometime in the 1930s, when one of the *Viking's* two builders died, the survivor donated her to the Dolphin Club. Fifty years later, the *Viking* sat nearly abandoned in the back of Fisher-Smith's shop. After she gathered dust for six months, another Dolphin old-timer, Zack Stewart, raised a few thousand dollars to have Fisher-Smith restore the vintage craft. Fisher-Smith knew that sum wouldn't pay for the hundreds of hours of work she needed, but he didn't mind. "I knew I was looking at a 100-year boat. She was amazing, so light and delicate, yet she had such durability. With proper care, there was no reason she couldn't last another 100 years."

A key to the *Viking's* strength is her dominant wood, Spanish cedar. While it's nothing more than "cigar-box wood," as Fisher-Smith puts it, Spanish cedar, a jungle tree, has unusual traits: It is highly porous, and therefore light, but it's also strong. When Walden called him, Fisher-Smith was becoming a well-known boatwright and was working on his second *Viking* replica. So he saw the chance to restore a vintage craft like the *Viking* as a once-in-a-lifetime opportunity.

Today, Fisher-Smith runs his own operation, Fisher-Smith Boatworks in Marshall, just north of Pt. Reyes Station. Most of his time now is spent repairing the rugged fishing boats and fiberglass pleasure-crafts that typically clutter his boatyard, which sits on the Tomales Bay side of Highway One, next to the Marshall Store, a tiny but popular deli. Occasionally, Fisher-Smith still gets a chance to build a boat. When he's lucky, it's a finely honed, lap-strake wooden boat, which draws on all he learned through a classic, trenches, improvised education, under the hippie artisans of the 1970s. If we're lucky (that is, fund-raising permitting), Fisher-Smith will soon apply his craftsmanship, once again for the Dolphin Club, as the builder of a single *Viking* in memory of the late Phil Kohlenberg.

Fisher-Smith, now 51 and tall and sinewy as a rope, started fiddling with carpentry at age 12. Several years later, Gerry Warren, the beloved shop teacher at Tamalpais High School, couldn't get him to do anything else. (Much later, Warren worked for Fisher-Smith until Warren's death earlier this year.)

After one year at U.C. Santa Barbara, Fisher-Smith dropped out of college, moved to Mill Valley, and soon spent every day biking along the Sausalito waterfront. "The whole place was alive with nautical culture back then," Fisher-Smith recalls. "There were all these great hippie projects, people rebuilding boats in all kinds of ways. But there was also a couple of real craftsmen among them."

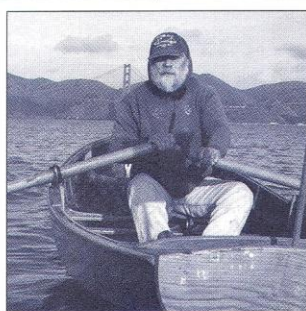
One was Kit Africa, son of Spike Africa, "the self-proclaimed president," says Fisher-Smith "of the Pacific Ocean." Kit, who lived with his girlfriend on the deck of *The Wanderbird*,

shared a shop with an English-trained boat-builder named Ray Speck, one of the masters who taught the art of boatbuilding to Jon Bielinski. Hanging around with this crowd, Fisher-Smith quickly picked up some tricks. When he was later introduced to Bill Grunwald, proprietor of Aeolus Boats near Santa Cruz and a leader in the revival of wooden-boat rowing on the California coast, Fisher-Smith could at least sling boatbuilding's terminology. Grunwald's response: "Here, build an 18-foot dory," Fisher-Smith remembers. "If it's good, you can keep the dory and stay. If it's not any good, you can keep the dory." Fisher-Smith built it, and stayed.

During the ensuing years, before the age of open-water fiberglass shells, Fisher-Smith and Grunwald kept showing up at regional ocean regattas with unusual wooden boat designs, and rowers started paying attention. One such rower was Bill "The Animal" Paine, the brusque, and large but lovable, late South Ender. Paine wanted to honor the lap-strake design that runs throughout both clubs' wooden fleets. Since that design was created by the Vikings, Paine saw an enlarged *Viking* fleet as the perfect homage. So he got the South End to hire Fisher-Smith to build the first *Viking* replica (the *Valhalla*, 1979), then a second (the *Valkyrie*, 1983). After the *Viking* restoration, in 1984, David Plant, another South Ender, had Fisher-Smith make him a private replica, the *Lifthrasir*, which Plant sold in 2000 to several Dolphin members, and which is now housed at our club for use by qualified members.

Then the South End got an idea: If the two clubs built a matched pair of *Viking* singles, it would create a fabulous addition to intra-club competitions. The idea led Fisher-Smith to design and build the *Thor*, in 1986. The boat soon became the South End's most popular wooden craft. The Dolphin Club, however, never responded—an outcome that always gnawed at Phil.

With Phil's death, the idea of a matched pair was finally revived when the DC board approved a campaign to raise \$40,000, Fisher-Smith's price for this project. To accelerate the deal, the club will host a feast on January 26 to raise money for *Thor's* future mate. While Phil can't be there, Fisher-Smith will. Please join us.



#### 2008 KOHLENBERG BOATBUILDING FEAST

Will be held on Saturday January 26 with drinks, live music, and abalone appetizers at 5 p.m. Dinner follows at 6 p.m. with fine wine, Cajun gumbo, smoked fish and Viking delicacies. Members and guests are welcome. Tickets are \$45 and can be purchased from Lou, Phil Sancimino, Tom Keller, Brian Herrick, and Todd Oppenheimer. Volunteers willing to help can contact Todd (todd@sfgrotto.org). To make contributions to the Phil Kohlenberg Fund, drop checks in the dues box in the Staib Room, or mail to:

Dolphin Club, 502 Jefferson St., San Francisco, CA 94109, Attention: Joe Cowan.

Large donors (\$1,000 or more) will be honored as patrons of the boat on a plaque on her stern. Donations are not tax-deductible.

Photo by Colin Gift



There are few things more exhilarating during a swim than seeing a cormorant or grebe suddenly appear a few feet in front of you. Aquatic Park Lagoon offers some of the best bird watching in the area. Anytime of year, there is birdlife in and around the cove. We also have some very special year-round residents, as well as seasonal visitors. The autumn and winter months are great for seeing wintering ducks. Brown Pelicans show up in spring with the handsome Heermann's Gulls following close behind.

Throughout the year, we see the familiar **Western Gulls**. In February they begin their courtship: calling, walking stiffly, and bowing to each other. They start their nests in April, usually just a scrape on the rooftops along Jefferson Street and on the Fort Mason Piers. For a few years, after 1999, the Dolphin Club had two resident gulls. They built an elaborate nest (for a gull) in the crook where the skylight meets the roof. We could observe first hand their courtship, nesting, and chick raising efforts. We watched the antics of the spotted, newly hatched chicks as they learned to fly and constantly begged to be fed. It takes four years for a western gull to reach its adult plumage. An adult is easily identifiable by its pink legs, spotless white head and gray feathers on the back and sides, and the red spot on its bill. The chicks peck at the red spot urging their parents to regurgitate their next meal. Parents share the duties, and by eight weeks the chicks are as large as the adults. During the first year Western Gulls are dark all over, with black feet and legs. As they mature, their dark feathers turn lighter. The juveniles are those gulls that stand submissively on the beach, peep, peep, peeping. Some of them continue to peep through the winter, and in March they may still be standing on the beach begging while the adults are beginning courtship anew.

A SWIMMER'S-EYE VIEW

# THE BIRDS OF AQUATIC COVE

BY  
MARY CANTINI



Western Gulls will often keep the same pair bond for life.

The **Black Crowned Night Heron** is another fairly common year-round resident. Often a night heron will roost in the paddle wheel of the *Eppleton Hall*, or on the thick ropes that tie the historic ships to Hyde Street Pier. Night herons, as their name implies, come out in the evening to forage. They wait motionlessly, in the shallows or on a low dock, for a fish, grabbing it in a flash. If you hear a bird barking, it's probably a night heron. Though its neck is long, it usually keeps it slouched into its shoulders, kind of like Lou. Look closely during breeding season and you might see pink legs. In non-breeding season the legs are yellow. The juveniles are streaky brown and sometimes can be mistaken for something a little more interesting, namely the American Bittern which is usually found in brackish or fresh water. Look up in the trees along Van Ness above the Sea Scouts.

Usually several night

herons are roosting there.

Most cormorants inside the bay are **Double Crested Cormorants**. These large, dark birds are seen paddling and diving around the cove all year long. For a few weeks, during breeding season both the male and female have beautiful delicate feather tufts over each eye. They are easy to miss, but sometimes you can swim pretty close to a Double Crested Cormorant and see these special plumes, and if you are that close, check out the turquoise eyes. The sides of the bill and the skin underneath are yellow. Juveniles are lighter. Unlike most other seabirds, cormorants' feathers are not fully waterproof, so you will see them standing on the breakwater with their wings extended, drying. Cormorants have been known to dive to 60 feet. Cormorants and other diving birds have a nictitating membrane over their eyes. When they dive in the murky waters of



the bay this membrane with a clear area in the center, closes over the eye, and acts as "swim goggles" to help with underwater vision.

The **Snowy Egrets** visit often. You can spot them foraging on the rocks at the west end of the cove, or at the surf line on the beach. Snowys can easily be distinguished from the similar looking but larger Great Egrets who have black legs and feet in contrast to the black legs and beautiful golden slippers of the Snowys.

We all recognize the majestic **Great Blue Heron** as it patiently stalks fish and insects in the shallow water or ventures onto grassy areas for small mammals. Look for herons hunting mice and other small mammals on the lawn at the foot of Van Ness, next to the pumphouse. After a mouse has been caught, you can actually see it wriggle as it goes down the long neck. The Great Blues nest locally at Stow Lake in Golden Gate Park and at Lake Merced. When they fly, like the Snowy and Great Egrets they curl their necks into an S shape.

The adult **Brown Pelicans** arrive from their nesting sites in southern California and Baja each spring, followed by their youngsters. How can anyone not stop in the middle of their swim to look up at the sight of a ribbon of these prehistoric-looking birds flying over? They are with us through spring, summer, and fall roosting on the breakwater, sometimes exercising and stretching their pouches while they are resting there before plunge diving to catch fish. The California Brown Pelican is still considered an endangered species, although they have made a great comeback since the 1960s when there was widespread nest failure due to egg shell weakness caused by ingesting DDT.

**Heermann's Gulls** arrive in July. The adult breeding gull, smaller than the western gull, has a white head, a lipstick red bill, and dark and light gray body, and black legs and feet.

Although gull species are difficult to identify, these guys are easy. They are so smooth, they look like they are made of velvet. The first year gulls are dark all over. You can spot Heermann's Gulls on the beach and in the water harassing the fishing pelicans, hoping to steal a fish. Heermann's are named after Adolphus Heermann, an American surgeon, who was assigned to the Pacific Railroad Survey in California in the 1840's and was one of the first ornithologists in the West. The Heermann's Gulls and Brown Pelicans are a little unusual because they travel north for the winter.

There are always **Western Grebes** in the cove from October to April. These are the ballerina birds, with their long graceful necks and fluffy tutus. The black and white coloring on the neck and face makes the long neck appear even longer. They sleep on the water, with their necks drawn back on their bodies and bills tucked into their wings. Often when approached in the water, they will spring forward and disappear diving underwater, and then quickly pop up again a short distance away. Their legs are set way back on their bodies to help with diving and swimming, so we rarely see them on land. The similar but rarer **Clark's Grebe** is sometimes in the cove with a flock of Westerns. The black cap of the Western extends to include the eye, while the Clark's black cap does not extend over the eye and has a carrot yellow/orange bill. Western Grebes leave our bay in the spring to nest at Clear Lake.

Fall brings many wintering ducks to Aquatic Park. **Surf Scoters** with their short, stocky bodies are often seen. When they fly they look like small footballs with bright orange feet just sticking out past the tail. Surf Scoters forage by diving and pulling limpets and other invertebrates from underwater rocks. They digest a whole mussel, shell and all. The male has a bold square white patch on the nape

of his neck, a white spot on his forehead, and a large, colorful, strong bill. Females do not have these colorful attributes, but they do show the unmistakable profile.

The punky **Red Breasted Merganser** is easily recognizable. Both male and female have a spiky crest, though the male's is more extreme. Mergansers have long, thin, red, serrated bills that help them hold the slippery fish they catch while diving. Because they have such a short breeding season on the tundra, they come into breeding plumage prior to leaving the bay in the spring, which is when you should watch for a very handsome bird in full breeding plumage.

The stocky ducks that at first glance might be mistaken for Canvasbacks (which we rarely have in the cove) are the **Greater Scaups**. They arrive in October. The males are almost white underneath and on the sides, and light gray on the back with very blue bills. The female is brownish with white feathering at the base of her bluish bill. Scaups begin their dive for their food, mainly crustaceans and mollusks, with a little leap. They nest on the northern tundra and are usually gone by March.

The tiny, almost white birds running and stopping along the surf line, often mistaken for Snowy Plovers, are **Sanderlings**. They have straight, dark bills and dark eyes and black legs, and nest on the high Arctic tundra. They busily rush about, ahead of the waves, feeding on small invertebrates, then fly off in a compact flock, almost as one organism, taking to the air all together for no apparent reason. One of the many beautiful wildlife experiences we are privileged to enjoy.

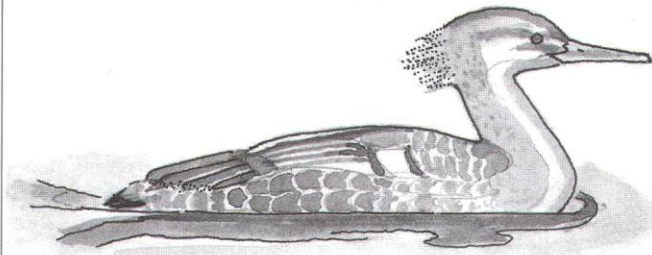
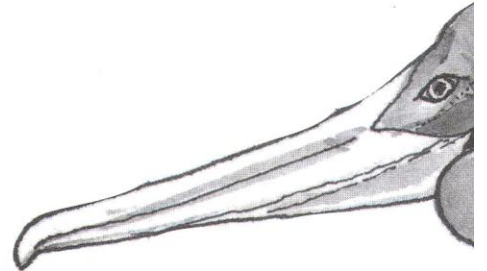
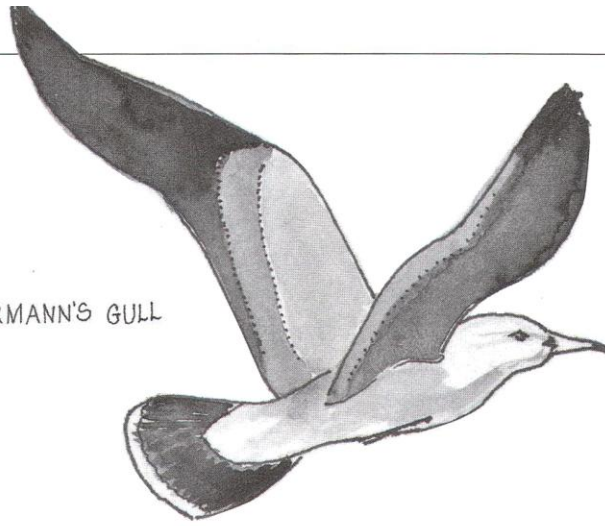




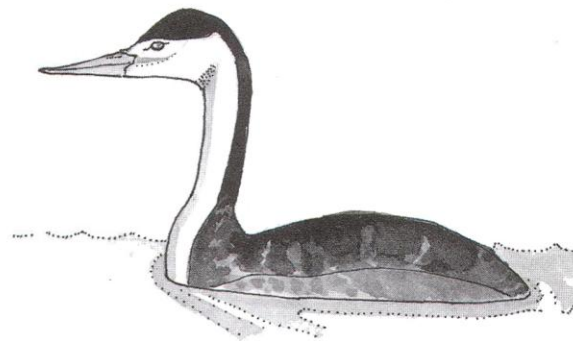
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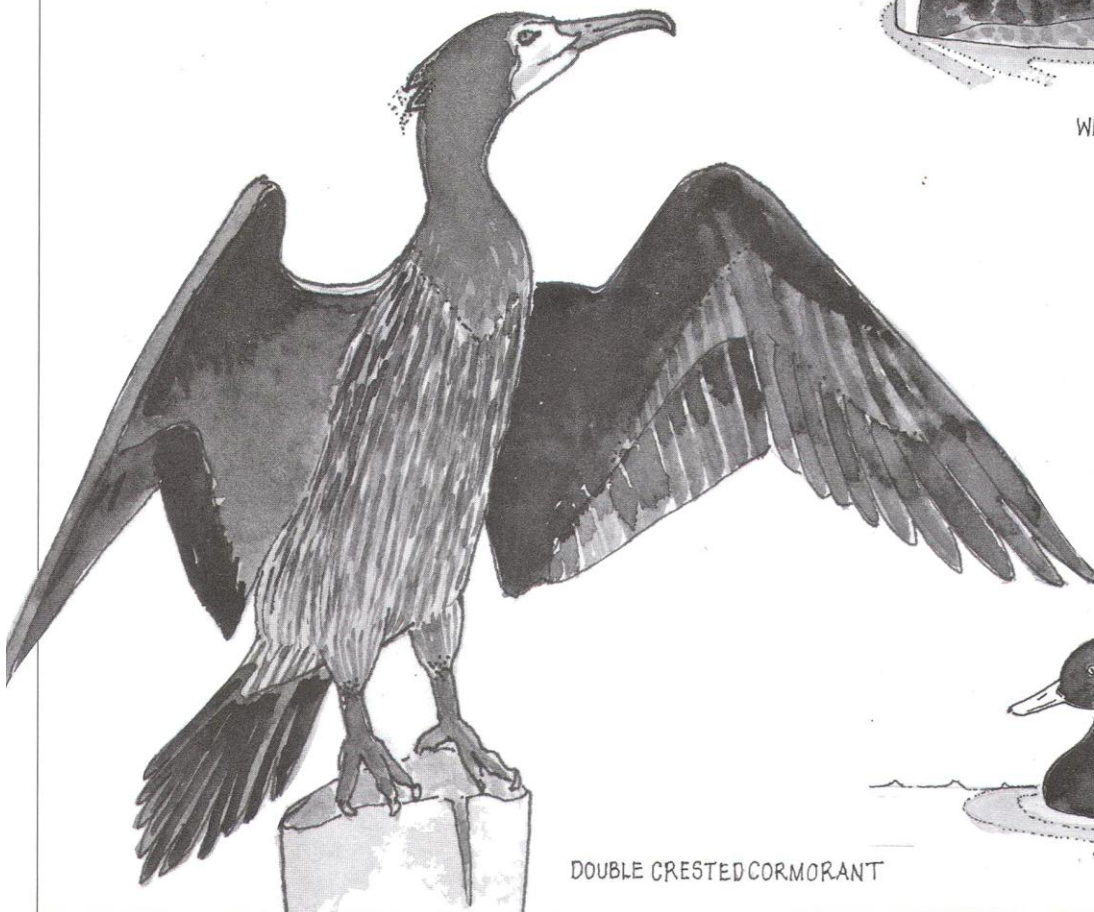
HEERMANN'S GULL



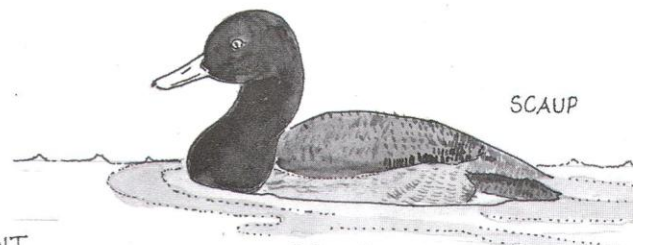
RED BREASTED MERGANSER



WESTERN GREBE



DOUBLE CRESTED CORMORANT

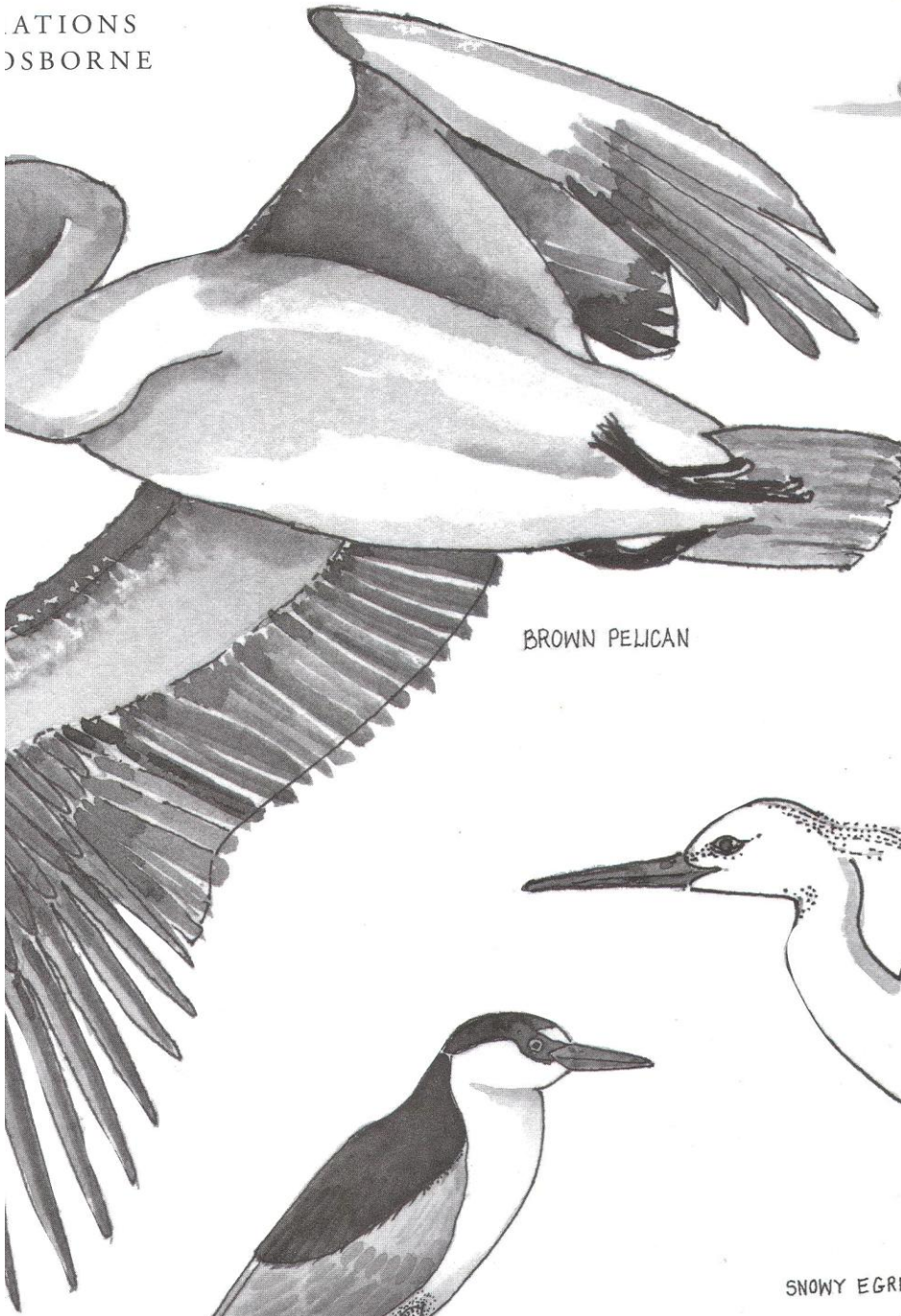


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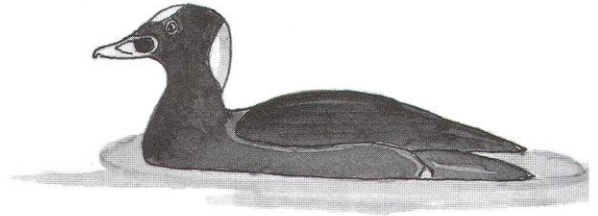


# UATIC COVE

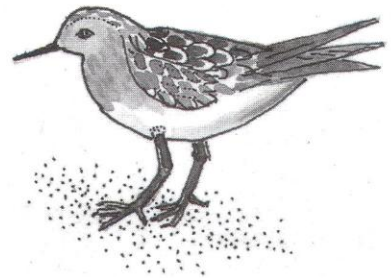
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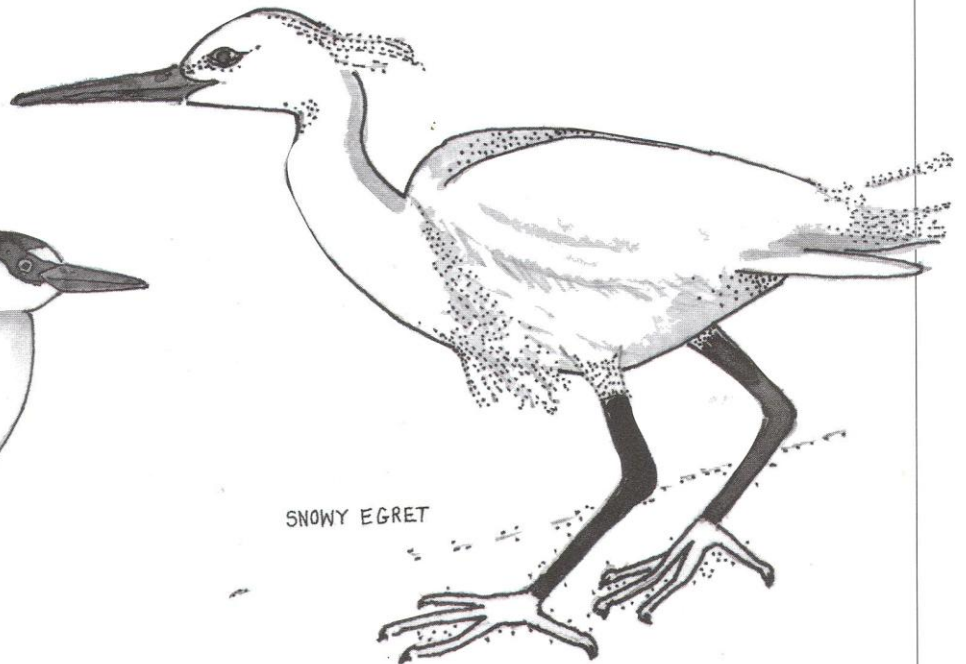
BROWN PELICAN



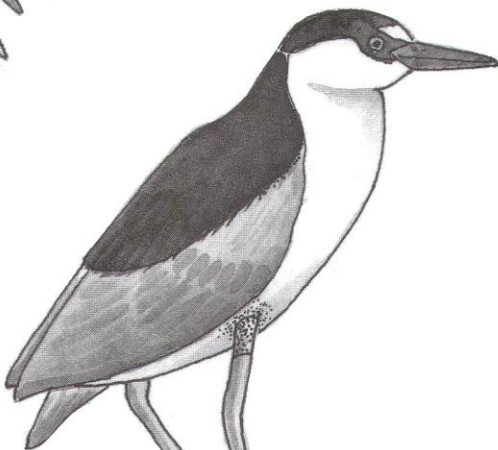
SURF SCOTER



SANDERLING



SNOWY EGRET



BLACK CROWNED  
NIGHT HERON



## The Life and Good Times of Rico Passanisi

On April 9, 2007, Rico "Moon" Joseph Passanisi, aged 81, quietly departed this world. Those members who joined the Dolphin Club in the last decade or so will remember Moon as a sweet, mild-mannered, slight gentleman generally found with a paintbrush in hand, working on the lockers or touching up the woodwork. He had a smile for everyone, especially the ladies. "Give me a kiss," he'd ask Dodi Marosi each time he saw her. "It's my birthday."

Old timers remember another Moon, one who did not live quietly. Recently some of them were sitting around the Staib Room to reminisce. He was a member of that mythic pack of Italian-Americans who grew up in San Francisco's North Beach and went to Galileo High School. From there he joined the Navy where his skill at cards and a subsequent stint learning the trade at Bimbo's, enabled him to buy a night club in the East Bay. "It was very successful," he told Tom Gould. But if he made money easily, he spent it easily, too. Everyone was on the tab. "If a bunch of us went to lunch, Moon insisted on paying," Lou Marcelli remembers. "When I tried to leave a couple of bucks after he gave me a few drinks, he came chasing down the street after me. 'Don't you ever try to tip me again!' he shouted."

Hard for newer Dolphin members to picture an irate, shouting Moon.

He joined the club in 1954 and was soon spending all day there playing gin and the horses. When he wasn't having a flutter, he ran a weight room up on the roof, where "the only rule was," says Tom. "You couldn't wear any clothes."

"And," says Lou, "he painted this whole club, inside and out, with a single three-inch brush. He hung over the roof, over the sides, and painted it wall to wall."

"We'd be putting in new lockers," says Tom. "And Moon would be right behind us painting them."



*In his last decade, Moon could usually be found at the club with a paintbrush in hand.*

Lou: "Guys would come in and hang up their white shirts and they'd turn blue."

Tom: "He did a perfect job. Nothing ever peeled."

Lou: "And he loved to take a row boat and go out fishing"

Tom: "And he was always throwing parties. He and Pete Sturiale used to have New Year's Eve parties here every year. All the booze you wanted. Steak dinner, champagne at midnight and barbeque sausages at one o'clock. They loved to cook."

Peter Bianucci: "He'd organize picnics out at Kirby Cove and bring a box of strip steaks and French bread. The steak would be spilling over the bread at both ends"

Tom: "He felt sorry for a fellow Dolphin who was less successful with the horses and got himself badly in debt. Moon invited some girls from the Broadway bar where he worked and threw a stag party for him at the club, a testimonial. And then paid off all the creditors with the proceeds."

The last time Dodi saw Moon at the nursing home, she asked him when his birthday was. "May 12th," he said.

"I thought everyday was your birthday," said Dodi.

"Not anymore," he said.

—Keith Howell



## No Ramp, No Coach, No Time. Just Heart.

What does it take to make a crew?

1) a boat, 2) a coach, 3) water, 4) practice, and 5) rowers.

These are essential elements for a crew to compete. What happens when the crew's top four needs cannot be met? The obvious answer: There is no crew. The 2007 *Weiland* Crew proved otherwise. Through teamwork, commitment to the training regime and personal sacrifice this year's *Weiland* Crew defied all obstacles in its path to row a near perfect race that will be remembered and talked about for years to come.

**1. BOAT** Yes, the crew had a boat to practice in but they did not have a way to get it into the water. With the dock inaccessible, another solution had to be found...launch from the South End's dock. Easier said than done! The first time the *Weiland* was wheeled over to the South End to launch was for their annual Bridge to Bridge Regatta. At that time the dolly was found to scrape the bottom of the Dolphin Club's driveway. In order to avoid continual scraping on the dolly the following solutions were opined:

a) Carry the *Weiland* over to SERC to launch, b) Carry the *Weiland* down the stairs for a beach launch or c) Increase the size of the wheels on the dolly, to eliminate scraping the driveway. Plan C was carried out; the crew now had a Boat!

**2. COACH** The initial team meeting was held to gauge interest from potential crew members, to discuss the level of commitment expected for the training and to meet the coach. A coach was lined up who was in attendance for the meeting. But due to circumstances beyond control, the coach was no longer available by the time training started—6 weeks before race day. That left the crew in the lurch for a coach. The second water practice was coxed by Corinna Witt, herself a member of former *Weiland* crews. She was asked to take on the responsibility of coaching the crew and coxing on race day. She agreed. With only three water practices remaining, Corinna was charged with getting the crew synchronized, navigating the best possible course, and ironing out the kinks in the crew's timing and blade work so they could be the fastest crew possible.

**3. WATER** Due to the challenges of launching the *Weiland*, the water schedule was compromised. A typical training schedule for the *Weiland* crew consists of 6 weeks of training: four weeks of two days on the water and two days on the erg, one week of three days on the water and two days on the erg, and the final week before race day with three days on the water. The 2007 practice schedule consisted of a total of four water workouts. In order to overcome this challenge, the crew decided to increase the number of erg workouts to four per week. The erg is a stationary land version of rowing. NO rower likes to erg. It is physically challenging and can push the rower to their physical and cardiovascular limits.

**4. PRACTICE** On the water practice time is essential to getting a crew synchronized. Ideally, every rower's blade enters and exits the water at exactly the same time. All the while their bodies are swinging in unison so that the boat moves

through the water in a continuous stream of motion. This year the crew had four water practices to get it right. On race day—they were near perfect.

**5. ROWERS** Despite the challenges there were many positive aspects that came about. Nine women tried out for six seats on the 2007 Crew, more than we have had in the past. The crew benefited from a broad range of support from members who volunteered to launch the *Weiland*, to research and install the new wheels on the dolly, and who provided words of support and encouragement to the crew when they needed it most. Perhaps most positive are the ten women who pulled together, dug deep and gave everything they could, physically and emotionally, to make the crew the best it could be.

When you see the members of the 2007 *Weiland* Crew working out at the Club be sure to congratulate them. They did not win the Barge race at the 2007 Dolphin/South End Triathlon but they won our hearts. They proved that a successful crew is not just about winning, it's about facing challenges and overcoming them with style and class as a team. Congratulations, ladies.

2007 *Weiland* Crew: Corinna Witt, cox and coach; Laura Atkins, bow; Diana Harrington, 2 seat; Dolores Meehan, team captain and 3 seat; Margaret Keenan, 4 seat; Mag Donaldson, 5 seat; Athena Kyle, stroke.

—Racheal Perry

### Bridge to Bridge Regatta, San Francisco

SEPTEMBER 23, 2007

#### COURSE (5.25 Nautical Miles)

Tim Huber	Maas Aero	46:58	
Peter Brand	Maas 29	48:39	
Grant Mays	Maas Aero	54:10	
Renee de Cossio/Andrea Kellog	Maas Double	45:08	1st Place Doubles
Margaret Keenan, Dolores Meehan, John Ottersberg, Jon Bielinski, and Athena Kyle	Weiland Barge	1:21.45	1st Place Barge
John Blackman	Whitehall Single	1:20:55	

### Head of the Port, Sacramento (Flat Water Race)

OCTOBER 14, 2007

#### COURSE (5000 Meters)

Racheal Perry	Women's 1x	23:58	4th Place (w/handicap 23:50)
Renee de Cossio	Women's 1x	23:59	3rd Place (w/handicap 23:27)
Charles McIntyre	Men's 1x	25:19	3rd Place (w/handicap 24:55)
Dolphin members Mag Donaldson and Andy Kerr participated on crews from Marin Rowing.			

### Head of the Charles, Massachusetts (Flat Water Race)

OCTOBER 20, 2007

#### COURSE (5000 Meters)

Mag Donaldson	Women's 8 - Grand Masters (60+)	2nd Place
Andy Kerr	Men's 8 - Grand Masters (60+)	2nd Place & 14th out 45 for 50+



## DOLPHIN LOG SWIM STATISTICS

### Swim Commissioner's Report

When I was a child, one of my favorite sea creatures was the Pilot Fish. The Pilot Fish, or Naucrates Ductor, is a carnivorous fish that can be found following sharks. I loved watching television specials in which five or six Pilot fish swam along the belly or back of the shark waiting to catch scraps of food. It was a mesmerizing sight to watch these striped fish zipping along with the shark, keeping speed and changing direction in perfect synchronization.

Now, years later I find myself interested in the relationship between the pilot fish and the shark. The pilot fish attains food by eating leftover scraps and the shark benefits from the pilot fish eating unwanted parasites. This is a perfect symbiotic relationship.

The Dolphin Club, like sharks and pilot fish, has long benefited from a symbiotic relationship: in our case between swimmers and boaters. The swimmers get to have a safe, course-driven swim and the boaters are able to really challenge their skills as navigators and rowers.

There was one particular swim this year that made me think of the shark and pilot fish relationship: the Fort Point Swim. After making it just under the gate, I swam up to Barry Christian who was rowing the Cecco. "Good morning!" I shouted "I'm following you, lead the way!" And with a smile Barry jumped into action. For the remainder of the swim I followed the Cecco, occasionally popping my head up to see where Barry was taking us. I also stopped periodically to chat with Barry about his observations. Every now and then he would pause to see where the currents were taking us. I could also see him checking out the other pilots and swimmers to see how the currents were affecting them. It was fun watching him work out his next move. Barry and I were working together to figure out our best course, and what would have been a solo swim was now a team effort. Afterwards, over a cup of hot coffee, Barry and I chatted about the swim discussing what had or hadn't worked.

Perhaps you are a swimmer or rower, shark or pilot fish; either way you will be part of a strong relationship that keeps getting stronger. As I begin my position of Swim Commissioner I look forward to a year of collaboration between swimmers and rowers; may we all become a little better at what we do because of each other.

—Brian Herrick

### Bay Bridge Swim

JULY 7, 2007

1. Suzanne Heim (10)*	44.13
2. Steve Pratt (9)*	44.40
3. Catheryne DiPrete (8)*	47.47
4. John Ottersberg (6.5)*	48.11
4. John Renko (6.5)*	48.11
6. Amber Rhett (5)*	49.01
7. Laura Burtch (4)*	50.06
8. David Rich (3)*	50.24
9. Nigel Killeen (2)*	52.15
10. John Racanelli (1)*	54.55
11. Alan Budenz	57.43
12. Joe Omran	58.38
13. Phil Rollins	59.23
14. Rebecca Tilley	59.35
15. Margaret Keenan	59.57
16. Nancy Cutler	60.27
17. Daniel Madero	62.14
18. Kate Coleman	62.22
19. Neal Powers	62.30
20. Alison Perez	62.50
21. Keith Nelson	63.07
22. Gina Rus	63.21
23. Jennifer Lamers	64.11
24. Dean Badessa	64.15
25. Rick Avery	64.53
26. Bob Blum	65.11
27. Pete Neubauer	66.17
28. Les DeWitt	66.30
29. Fred Johnson	66.50
30. Pete Perez	67.39
31. Hugh Kim	67.58
32. Piper Murakami	70.30
33. Rey Hassan	71.44
34. Jamie Robinson	71.50
35. Emma Huckabay	72.13
36. Anthony DuComb	73.50
37. Debbie Rose	82.15

#### Hurrah for the Pilots

Marcus Auerbuch, Eduardo Barranco, Jon Bielinski, John Blackman, Karen Boyer,

Barry Christian, Ken Coren, James Dilworth, Suzie Dods, Mag Donaldson, Rodes Fishburne, Ken Frank, Mark Gustin, Don Harrison, Reuben Hechanova, Brian Herrick, Tom Keller, Dolores Meehan, John Meyer (SERC), Rachael Perry, Will Powning, Anne Sasaki, Lyrinda Snyderman, Nick Strelchuk, John Theede, Peter van der Sterre, Tom Vaughan, Bob Weil, Darcy Wettersten, David Zovickian

#### Helpers

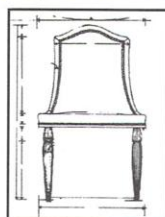
Rick Avery, Dean Badessa, Bob Blum, Nick Blum, Laura Burtch, Catheryne DiPrete, Les DeWitt, Cory Ferrara, Gail Grynbaum, Rey Hassan, Suzanne Heim, Mary Lou Hirschfeld, Joe Illick, Nigel Killeen, Bob Lowney, Loretta Madden, Jan McCall, Sarah McCuskey, Pat McGarvey, Laura Merkl, Piper Murakami, Keith Nelson, Pete Neubauer, Lorna Newlin, Dan Osborne, Mimi Osborne, Pavla Podolska, Neal Powers, Phil Rollins, Robin Rome, Mike Weiner, Madhuri Yechuri

### Alcatraz Swim

AUGUST 18, 2007

1. Suzanne Heim (10)*	31.00
2. John Ottersberg (9)*	34.41
3. Dave Rich (8)*	36.30
4. Catheryne DiPrete (7)*	37.36
5. Nigel Killeen (6)*	38.30
6. Keith Gray (5)*	38.40
7. Chris Keene (4)*	41.01
8. John Racanelli (3)*	41.10
9. Karen Boyer (2)*	41.48
10. Tim Harwood (1)*	41.52
11. Joe Omran	44.33

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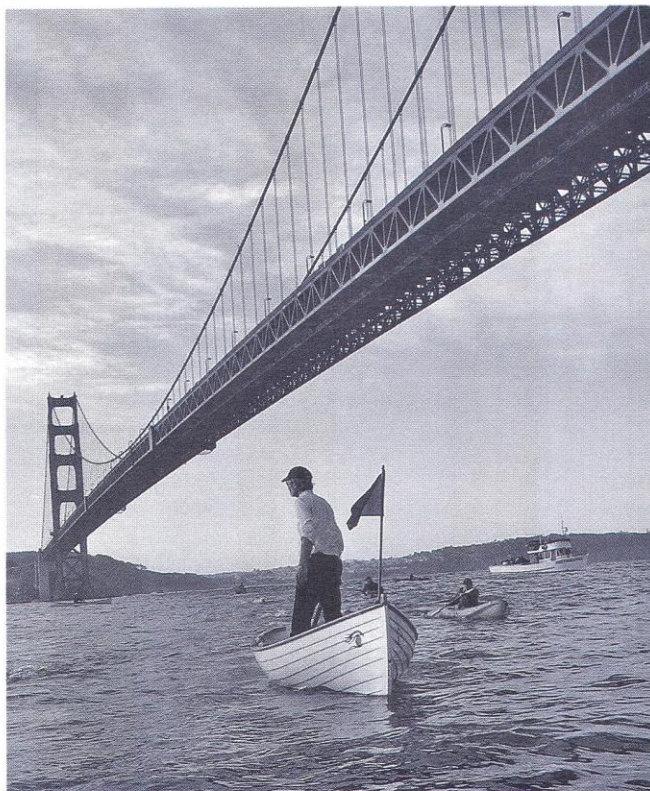
# DOLPHIN LOG SWIM STATISTICS

12. Phil Rollins	46.12
13. Rebecca Tilley	47.28
14. Paul Irving	48.29
15. Todd Oppenheimer	48.34
16. Brian Herrick	48.41
17. Bill McDonald	49.00
18. Kate Coleman	49.28
19. Rick Avery	49.34
20. Ian MacLean	49.45
21. Dean Badessa	50.13
22. Gina Rus	51.00
23. Keith Nelson	51.17
24. Jim Ferrara	52.09
25. Jennifer Lamers	52.17
26. Bob Blum	52.43
27. Neal Powers	52.49
28. Andy Schwaab	53.08
29. Jamie Robinson	54.10
30. Daniel Madero	55.06
31. Ken Coren	55.30
32. Bob Drake	56.35
33. Nancy Hornor	58.26
34. Mark Lubiszewski	59.25
35. Cheryl Wallace	59.40
36. John Nahrang	60.06
37. Peter van der Sterre	60.44
38. Anne Susaki	61.40
39. Robin Rome	62.38
40. Naphtali Offen	63.55
41. Libbie Horn	64.20
42. Jan McCall	65.28
43. Hugh Kim	68.30
44. Pete Neubauer	70.11
45. Will Powning	75.00
46. Gail Grynbaum	80.50
(assisted)	
47. Joe Illick	83.00
48. Nick Strelchuk	86.00
(assisted)	
49. Debbie Rose	91.05
50. Joe Mannion	102.30

## Hurrah for the Pilots

Susan Allen, Ray Artigues, Marcus Auerbuch, John Blackman, Carol Block, Jerry Block, Paul Brady, Laura Burtch, Mary Cantini, Rich Cooper, Duke Dahlin, Ed de Cossio, Suzie Dods, Cory Ferrara, Jim Frew, Don Harrison, David Haskel, Greg Hicks, Terry Horn, Athena Kyle, Mickey Lavelle, Harry Louie, Bob Lowney, Grant Mays, Sunny McKee, Jon Nakamura, Steve Pratt, Emily Roth, Rob Scott, Eric Shackelford, Jim Thurmond, Tom Vaughan, Keith Weaver, Bob Weil, Connie Wellen, Rick Wheatley, Madhuri Yechuri, Dave Zovickian

\*Ladies Cups Points



Pilot Jon Bielenski at Golden Gate Bridge swim always paddling and standing tall. Photo: Madhuri Yechuri

## Helpers

Mary Alex, Gabby Anton, Nick Blum, Bob Danielson, Brian Fitzgibbons, Nancy Friedman, Keith Gray, Suzanne Heim, Nancy Hornor, John Hornor, Keith Howell, Vince Huang, Paul Irving, Hugh Kim, Loretta Madden, Joe Mannion, Sarah McCuskey, Pat McGarvey, Laura Merkl, Joe Omran, Dan Osborne, Mimi Osborne, Pavla Podolska, Neal Powers, Phil Rollins, Phil Sancimino, Eric Shupert, Megan Sullivan, Nobu Takihashi, Ted Tillis

## Crissy Field Swim

AUGUST 26, 2007

1. Cory Ferrara (10)*	52.00
2. Laura Burtch (9)*	55.44
3. Nigel Killeen (8)*	55.53
4. Keith Gray (7)*	56.00
5. David Rich (6)*	56.48
6. John Racanelli (5)*	61.33
7. Karen Boyer (4)*	61.50
8. Rick David (3)*	66.00
9. Gina Rus (2)*	68.03
10. Joe Omran (1)*	68.33
11. Jennifer Lamers	68.34

12. Kate Coleman	69.31
13. Laura Merkl	70.08
14. Sunny McKee	71.43
15. Krist Jake	71.44
16. Bob Blum	71.45
17. Mark McKee	72.17
18. Dean Badessa	72.18
19. Rick Avery	72.28
20. Keith Nelson	75.20
21. Jay Adams	75.35
22. Tom Davis	76.33
23. Nancy Hornor	78.12
24. Pete Neubauer	82.30
25. Piper Murakami	84.48
26. John Hornor	86.27
27. Rey Hassan	86.52
28. Naphtali Offen	87.33
29. Janis McCall	89.07
30. Susan Lauritzen	95.49
31. Lorna Newlin	99.00
32. Mary Cantini	104.45
33. Will Powning	109.078
34. Joe Mannion	111.55

## Hurrah for the Pilots

Susan Allen, Ray Artigues, Marcus Auerbuch, Pete Bianucci, Jon Bielinski, Barry Christian, Ken Coren,

Ed De Cossio, Suzie Dods, Mag Donaldson, Jim Ferrara, Jim Frew, Don Harrison, Brian Herrick, Steve Lathram, Mickey Lavelle, Flicka McGurkin, John Racanelli, John Robiola, Matt Towers, Monica Towers, Connie Wellen, Madhuri Yechuri

## Helpers

Nori Desmas, Brian Fitzgibbon, Sue Garfield, Rey Hassan, Nancy Horner, John Horner, Loretta Madden, Joe Mannion, Sarah McCuskey, Pat McGarvey, Piper Murakami, Kent Myers, Dan and Mimi Osborne, Pavla Podolska, Jason Prodoehl, Phil Rollins, Janice Wood, Madhuri Yechuri, Dave Zovickian

## Fort Point Swim

SEPTEMBER 9, 2007

1. Steve Pratt (10)*	1.11.34
2. John Ottersberg (9)*	1.22.34
3. Catheryne DiPrete (8)*	1.26.00
4. Scott Haskins (7)*	1.29.17
5. David Rich (6)*	1.35.00
6. John Racanelli (5)*	1.44.30
7. Anders Knox (4)*	1.46.26
8. Brian Herrick (3)*	1.48.03
9. Keith Gray (2)*	1.51.00
10. Nigel Killeen (1)*	1.54.30
11. Amber Rhett	1.58.30
12. Alan Budenz	2.04.50
13. Tom Davis	2.18.20
14. Jennifer Lamers	2.22.36
15. Bob Blum	2.23.30
16. Naphtali Offen	2.29.29
17. Rey Hassan	2.31.30
18. Dean Badessa	2.56.39

## Hurrah for the Pilots

Jay Adams, Susan Allen, Ray Artigues, Jon Bielinski, John Blackman, Barry Christian, Ed de Cossio, Don Harrison, Reuben Hechanova, Bill James (SE), Harry Louie, Mary Magocsy, Jonathan Maier (SE), Jon Meyer (SE), Racheal Perry, Susan Petro (SE), John Robiola, Emily Roth, Lyrinda Snyderman, Jim Thurmond, Monica Towers, Bob Weil

## Helpers

Sue Garfield, Rey Hassan, Kathryn Harrison, Emma Huckabay, Steve Lathram, Loretta Madden, Pat McGarvey, Piper Murakami, Kent Myers, Ahn Oppenheimer, Dan and Mimi Osborne, Pete Perez, Pavla Podolska, Phil Rollins, Carrie Sloan, Larry Wisch, Janet Wood



# DOLPHIN LOG SWIM STATISTICS

## Escape from Alcatraz Triathlon

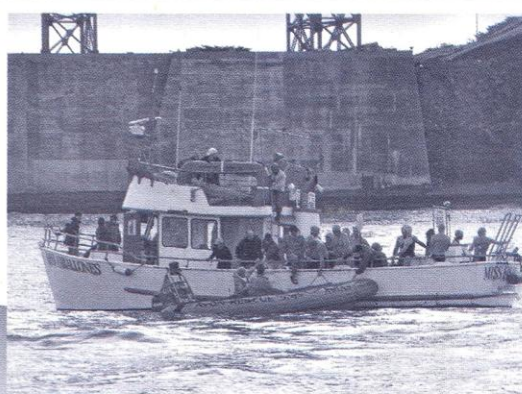
SEPTEMBER 29, 2007

PLACE/NAME/CLUB	SWIM	BIKE	RUN	TOTAL					
1. Joel Lanz SE	0:37.12	0:45	2:15	3:37	31. Mickey Lavelle DC	39:25	1:17	4:03	5:59
2. Ian MacLean DC	44:00	45:00	2:10	3:39	32. Gina Rus DC	45:43	1:02	4:16	6:04
3. Michelle Deasy SE	31:00	43:00	2:36	3:51	33. Mark Bason-Mitchell DC	46:25	1:38	3:53	6:17
(1st woman/fastest swim & bike)					34. Carlos Ramirez SE	58:50	1:12	4:07	6:18
4. Mark McKee DC	42:49	52:00	2:30	4:05	35. Kathy Bailey SE	62:23	1:15	4:09	6:27
5. Chris Loeffler SE	39:42	51:00	2:50	4:19	36. Nancy Cutler DC	45:43	1:19	4:41	6:46
(youngest competitor)					37. Dan Needham SE	54:04	1:21	4:44	6:59
6. Brent Pohlmann SE	41:46	50:00	2:49	4:21	37. Adriana Lucero SE	68:12	1:14	4:37	6:59
7. Erik Burke DC	47:44	54:00	2:41	4:23	39. Kevin Buckholtz SE	1:28:44	1:07	4:35	7:10
7. Sean McFadden DC	38:42	46:00	2:58	4:23	40. Dominic Spinetta SE	1:20:25	1:23	4:32	7:15
(1st cruiser-male)					(oldest competitor)				
9. Patrick Ward SE	51:24	49:00	2:53	4:34	41. Cathy Bump SE	1:07:15	1:20	4:49	7:16
10. Nobu Takahashi DC	50:42	1:26	2:23	4:38	42. Joe Mannion DC	1:20:30	1:21	4:46	7:28
11. Bill Hadley DC	49:55	0:58	2:55	4:43	42. Robin Rome DC	58:03	1:37	4:59	7:28
12. Hal Offen DC	61:10	54:00	2:52	4:47	44. Mary Cantini-Norkin DC	1:16	1:24	5:07	7:47
13. Laurel Condro SE	42:12	58:00	3:09	4:49	45. Krist Jake DC	47:52	1:35	5:26	7:49
(1st cruiser-female)					46. Rey Hassan DC	1:01:17	1:26	5:28	7:55
13. Rebecca Tilley DC	43:32	58	3:07	4:49	47. Phil Taylor SE	1:07:15	1:57	5:33	8:37
15. Conor Power DC	42:47	46:00	3:25	4:54	48. Suzie Dods DC	48:58	—	6:59	—
16. Rick Avery DC	49:12	59:00	3:09	4:57					
17. John Mattox DC	50:28	1:01	3:08	4:59	RELAY TEAMS				
18. Elizabeth Holt DC	44:55	0:57	3:19	5:01	PLACE/NAME/CLUB	SWIM	BIKE	RUN	TOTAL
18. Phil Scarborough DC	37:48	0:47	3:36	5:01	1. The First Timers DC				
20. Tom Linthicum SE	45:06	0:60	3:28	5:13	Anders Knox	38:40			
21. Allan Calder SE	43:54	0:60	3:33	5:17	Julie Hornung		46:00		
22. Mike Webb DC	47:05	0:61	3:39	5:25	Bob Smith			2:27	3:52
23. Jon Nakamura DC	39:25	1:02	3:45	5:26					
23. Sunny McKee DC	46:24	1:00	3:40	5:26	2. The Ladies DC				
25. Stephen Anderson DC	60:51	1:11	3:21	5:33	Jennifer Lamers	43:34			
26. Ken Coren DC	54:35	1:03	3:36	5:34	Carol Watson		48:00		
27. John Hornor DC	59:00	1:01	3:43	5:45	Carrie Sloan			2:34	4:06
28. David Kasheta SE	47:55	1:04	3:53	5:45					
29. Keith Nowell SE	59:31	1:11	3:46	5:57	3. DC				
30. Andy Field SE	48:06	1:07	4:03	5:58	Madhuri Yechuri	80:20			
					Drew Thams		1:07		
					Gretchen Coffman			3:51	6:18

Golden Gate swimmers  
before the jump.  
Photo: Brian Fitzgibbons



Denise Edwards, a new Dolphin  
member, on a June afternoon cove  
swim. Photo: Terry Horn



Steve Pratt, paddleboard pilot,  
at the August 18th Alcatraz swim.  
Photo: Terry Horn



# DOLPHIN LOG SWIM STATISTICS

## Joe Bruno Golden Gate Swim

OCTOBER 20, 2007

It was a beautiful, clear day in SF Bay. With the end of a light flood at the start and most swimmers crossing under the bridge in the middle to be gently helped back to the finish as the ebb started—this is as good as it gets.

1. Steve Pratt (10)*	20.38
2. Scott Haskins (9)*	22.23
3. John Ottersberg (8)*	22.34
4. Jon Ennis (7)*	23.59
5. Nigel Killeen (6)*	24.37
6. John Racanelli (5)*	25.15
7. Keith Gray (4)*	25.39
8. Alan Budenz (3)*	26.37
9. Rick David (2)*	27.24
10. Mickey Lavelle (1)*	27.43
11. Bob Lowney	27.45
12. Joe Omran	27.47
13. Bob Blum	28.32
14. Margaret Keenan	28.57
15. Paul Irving	28.59
16. Kate Coleman	29.00
17. Neal Powers	29.20
18. Phil Rollins	29.28
19. Nancy Cutler	29.31
20. Terry Horn	29.54
21. Daniel Madero	30.02
22. Ian McLean	30.20
23. Les DeWitt	31.12
24. Jim Frew	31.38
25. Alison Perez	32.01
26. Greg Hicks	33.23
27. John Hornor	33.54
28. Nancy Hornor	33.56
29. Andy Stone	34.12
30. Hugh Kim	34.17
31. Dean Badessa	34.20
32. Jim Ferrara	35.05
33. Joe Illick	35.30
34. Matt Towers	35.56
35. Jamie Robinson	37.00
36. Robin Rome	38.10
37. Hal Offen	38.21
38. Rodes Fishburne	38.35
39. Pete Neubauer	38.44
40. Susan Lauritzen	38.47
41. Anne Sasaki	38.51
42. Lorna Newlin	39.47
43. Mark Lubiszewski	40.30
44. Sue Garfield	41.22
45. Jan McCall	41.22
46. Steve Lathram	42.48
47. Debbie Rose	43.33
48. Will Powning	44.14
49. Sarah McCuskey	51.06

### Hurrah for the Pilots

Susan Allen, Ray Artigues, Pete Bianucci, Jon Bielinski, John

Blackman, Tom Callinan, Barry Christian, Rich Cooper, Katie Cronin, Peter Darlington, Ed de Cossio, Ken Frank, Don Harrison, Reuben Hechanova, Brian Herrick, Emma Huckabay, Grant Mays, Dolores Meehan, Kent Myers, Pete Perez, Emily Roth, John Selmer, Story Thompson, Jim Thurmond, Tom Vaughan, Keith Weaver

### Helpers

Rick Avery, Rick David, John Davis, Les DeWitt, Cory Ferrara, Jim Ferrara, Brian Fitzgibbon, Sue Garfield, Suzanne Heim, Julie Hornung, Paul Irving, Nigel Killeen, Anders Knox, Bob Lowney, Loretta Madden, Pat McGarvey, Hal Offen, Pete Perez, Pavla Podolska, Daragh Powers, Neal Powers, Amber Rhett, Phil Rollins, Megan Sullivan, Nobu Takahashi, Justin Wilcox, Janice Wood, Madhuri Yechuri

## Dolphin/South End Triathalon

OCTOBER 27, 2007

### ROW RESULTS

PLACE/NAME/CLUB	TIME
1. SERC	10:06
2. DC	10:09
Sub-total DC: 0 SERC: 30	

### MAAS DOUBLES

1. Davis/Furano SE	19:27
2. McIntyre/Perry DC	20:37
3. Marshal/Kellog SE	20:56
4. Schatz/Weisenberger DC	22:03
Sub-total DC: 10 SERC: 20	

### MAAS SINGLE

1. Nancy Rose SE	24:10
2. Jennifer Green SE	24:06
3. Peter Shamil SE	24:11
4. Neil Sneiderman DC	24:27
5. Peter Mcinerny DC	34:27
Sub-total DC: 0 SERC: 30	

### VIKING DOUBLES

1. Belinski/Sherk DC	25:36
2. Abbott/Reid SE	25:56
3. Davis/Robinson DC	26:15
4. McLaughlin/McBride SE	27:59
Sub-total DC: 25 SERC: 10	

### HEAVY DOUBLES

1. Norquist/Calder SE	27:45
2. Frew/Blackman DC	30:17
3. Ribak/Wurm SE	35:28
4. Mehegan/Dougherty SE	39:35
Sub-total DC: 10 SERC: 20	

### HEAVY SINGLES

1. Tom McInerney SE	33:01
2. Joe Boone SE	33:06
3. Reuben Hechanova DC	34:30
4. Ken Coren DC	52:10
5. Diane (no last name) DC	1:32:05
6. Bill McCloud SE	1:37:03
Sub-total DC: 5 SERC: 25	

<b>South End Row Total</b>	<b>135</b>
<b>Dolphin Club Row Total</b>	<b>50</b>

### SWIM RESULTS

PLACE/POINTS/NAME/CLUB	TIME
1. 20 Suzanne Heim DC	23:08
2. 19 Steve Pratt DC	23:44
3. 18 Bruckner Chase DC	23:48
4. 17 Hank Stern SE	23:52
5. 16 Michelle Deasy SE	24:07
6. 15 Paul Sagara SE	24:08
7. 14 James Knight SE	24:23
8. 13 Darrin Conelly SE	24:24

9. 12 Joel Wilson SE	24:31
10. 11 Cory Ferrara DC	24:38
11. 10 Julian Green SE	24:40
12. 9 Karah Nazor SE	24:43
13. 8 Scott Haskins DC	24:44
14. 7 Todd Walsh DC	24:49
15. 6 John Ottersberg DC	24:51
16. 5 Brad Bini SE	24:57
17. 4 Craig Marble SE	24:58
18. 3 Morgan Filler SE	25:05
19. 2 John Renko DC	25:13
20. 1 Sue Free SE	25:47
21. 1 Catheryne DiPrete DC	25:49
22. 1 Si Bunting DC	26:17
23. 1 Mark Stone SE	26:22
24. 1 Melissa Braisted SE	26:32
25. 1 Nigel Killeen DC	26:40
26. 1 Justin Wilcox DC	26:56
27. 1 Daniel Considine DC	27:01
28. 1 John Hathaway SE	27:10
29. 1 Marta Beehhoefer SE	27:25
30. 1 James Rooney SE	27:34
31. 1 Joel Lane SE	27:36
32. 1 Keith Gray DC	27:37
33. 1 Mick Lavelle DC	27:40
34. 1 John Street DC	27:45
35. 1 Hendrick Meerman SE	27:48
36. 1 Cathy Delno SE	27:53
37. 1 Allie Wong SE	28:04
38. 1 Duke Dahlin DC	28:04
39. 1 Rick David DC	28:16
40. 1 Joe Butler SE	28:17
41. 1 Barry Maguire SE	28:24
42. 1 Paul Irving DC	28:34
43. 1 Brian Herrick DC	28:39
44. 1 Pam Wilkening SE	28:40
45. 1 Patrick McBride SE	28:55
46. 1 Paul Davies DC	29:01
47. 1 John Stassen DC	29:06
48. 1 Taway Cothran SE	29:08

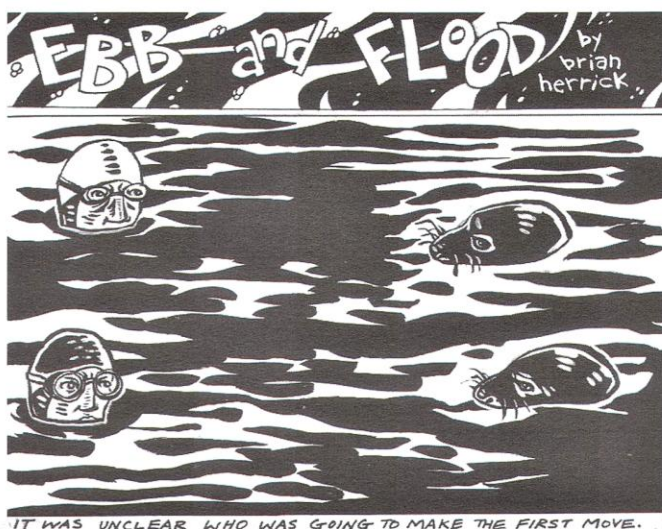
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# DOLPHIN LOG SWIM STATISTICS

49. 1 Joe Omran DC	29:09	93. 1 Jim Hentz SE	33:25	9. 12 Michelle Deasy SE	47:45	51. 1 Dolores Meehan DC	1:09:20
50. 1 Jonathan Maier SE	29:13	94. 1 Brenda Austin SE	33:26	10. 11 Andrew Oliveri SE	48:20	52. 1 Susan Herder SE	1:09:26
51. 1 Rebecca Tilley DC	29:27	95. 1 Naphtali Offen DC	33:29	11. 10 Russ Kiernan SE	48:22	53. 1 Bob Giebelor SE	1:09:45
52. 1 Laurel Condro SE	29:30	96. 1 Anna Sojourner SE	33:30	12. 9 Julie Hornung DC	50:35	54. 1 Catherine Howard	
53. 1 Paul Weiss SE	29:34	97. 1 Art Poster SE	33:34	13. 8 Rick Avery DC	51:33	SE	1:10:01
54. 1 Terry Horn DC	29:35	98. 1 Keith Howell DC	34:12	14. 7 Anne Barbaret DC	51:42	55. 1 Phil Taylor SE	1:10:08
55. 1 Phil Rollins DC	29:36	99. 1 Keith Nowell SE	34:13	15. 6 Daniel Consadine DC	51:46	56. 1 Kathy Bailey SE	1:10:22
56. 1 Kate Coleman DC	29:37	100. 1 Stephanie Gerk SE	34:20	16. 5 Morgan Filler SE	52:00	57. 1 Nigel Killeen DC	1:10:45
57. 1 Paul Springer SE	29:40	101. Joe Illick DC		17. 4 Jennifer Ellison SE	52:08	58. 1 Brian Herrick DC	1:12:00
58. 1 Allan Calder SE	29:40	102. Gary Aguiar SE		18. 3 Patrick Allen SE	55:00	59. 1 Bob Drake DC	1:12:38
59. 1 Owto O'Connor SE	29:47	103. Anne Sasaki DC		19. 2 Mark Mullen DC	55:20	60. 1 Jim McCormick SE	1:12:47
60. 1 Paline Yeckly SE	29:48	104. Lorna Newlin DC		20. 1 Tom Linthilum SE	55:54	61. 1 Laura Atkins DC	1:12:50
61. 1 Margaret Keenan DC	29:52	105. James Novello SE		21. 1 John Ottersberg DC	56:00	62. 1 Alison Saylor SE	1:12:55
62. 1 Todd Oppenheimer		106. Cheryl Wallace DC		22. 1 John Dugan DC	56:56	63. 1 Peter Royce DC	1:13:05
DC	29:56	107. Robin Rome DC		23. 1 Ted Levison DC	57:09	64. 1 Pete Neubauer DC	1:13:57
63. 1 Daniel Madero DC	29:57	108. Julian Marino SE		24. 1 Biddy Hughes DC	57:15	65. 1 Eric Shackelford DC	1:14:03
64. 1 Neal Powers DC	29:58	109. Michael Cauraunt SE		25. 1 Brian Fitzgibbon DC	58:41	66. 1 Chuck Vogt DC	1:14:23
65. 1 Nancy Cutler DC	30:05	110. Elizabeth Ham SE		26. 1 Ken Coren DC	58:42	67. 1 Krist Jake DC	1:14:39
66. 1 Eileen Buckley DC	30:19	111. Tina Renzo SE		27. 1 David Hollenbeck DC	58:50	68. 1 Terri Hunt SE	1:14:55
67. 1 Kati Bailie SE	30:33	112. Bill Wygant SE		28. 1 Melissa Braisted SE	58:50	69. 1 Dan Needham SE	1:14:59
68. 1 Eric Shackelford DC	30:40	113. Phil Taylor SE		29. 1 Naphtali Offen DC	58:58	70. 1 Paul Weiss SE	1:15:21
69. 1 Vincent Huang DC	30:41	114. Mike Weiner DC		30. 1 Justin Wilcox DC	59:14	71. 1 Rick Wheatley SE	1:15:22
70. 1 Krist Jake DC	30:46	115. Kathy Bailey SE		31. 1 Jack Major SE	59:20	72. 1 Brenda Austin SE	1:15:50
71. 1 Les DeWitt DC	30:47	116. Susan Petro SE		32. 1 Owen O'Connor SE	59:26	73. 1 Janet Franklin SE	1:15:52
72. 1 Rick Avery DC	30:54	117. David Grueber SE		33. 1 Bob Lowney DC	59:39	74. 1 Robin Rome DC	1:15:53
73. 1 Mike Laramie SE	31:00	118. Chuck Vogt DC		34. 1 Paul Davies DC	59:49	75. 1 Paul Springor SE	1:16:00
74. 1 John Mattox DC	31:11	119. Jean Duncan SE		35. 1 Yvette Respicio SE	59:50	76. 1 Jessica Sullivan SE	1:19:00
75. 1 Johnny Diesel SE	31:19	120. Kristina Charbonneau SE		36. 1 Laurel Condo SE	1:00:10	77. 1 Carla DiGennaro SE	1:19:20
76. 1 Dan Needham SE	31:28	121. Patrick Reid DC		37. 1 Rebecca Tilley DC	1:00:20	78. 1 Terry Horn DC	1:20:00
77. 1 Andy Field SE	31:36	122. Peter Royce DC		38. 1 Patricia Banks SE	1:00:22	79. 1 Diana Harrington	
78. 1 Bob Blum DC	31:44			39. 1 Tom Vaughan DC	1:00:27	DC	1:25:05
79. 1 Ted Tilles DC	31:53			40. 1 Anthony DuComb		80. 1 Lisa Adrian DC	1:25:57
80. 1 Megan Sullivan DC	32:00			DC	1:01:39	81. 1 Kristina Charbenneu	
81. 1 Jim Ferrara DC	32:02			41. 1 Keith Nowell SE	1:01:39	SE	1:26:08
82. 1 Susan Parker SE	32:05			42. 1 Tracey McCormick		82. 1 William Newby SE	1:27:01
83. 1 Alison Kalhammer SE	32:12			SE	1:02:24	83. 1 Jim Novello SE	1:27:11
84. 1 Tom Linthicum SE	32:16			43. 1 John Mattox DC	1:02:50	84. 1 Gary Aguiar SE	1:27:34
85. 1 Hugh Kim DC	32:24			44. 1 Mickey Lavèlle DC	1:03:04	85. 1 Jim Ferrara DC	1:28:01
86. 1 Joe Braceo SE	32:34			45. 1 Tracy Corbin DC	1:03:56	86. 1 Cory Ferrara DC	1:28:01
87. 1 John Hornor DC	32:35			46. 1 Andy Field SE	1:05:27	87. 1 Margaret Curtis DC	1:28:44
88. 1 Nancy Hornor DC	32:40			47. 1 Mike Laramie SE	1:08:10	88. 1 Dan McLaughlin	
89. 1 Dean Badessa DC	32:48			48. 1 Rachael Perry DC	1:08:40	SE	1:29:30
90. 1 Pete Neubauer DC	32:55			49. 1 Will Powning DC	1:08:45		
91. 1 Jay Adams DC	33:01			50. 1 Manta Bechhoefer			
92. 1 Curtis Chun SE	33:19			SE	1:09:01		

**South End Swim Total 156**  
**Dolphin Club Swim Total 134**

## RUN RESULTS

Distance: 7 Miles R/T to Ft. Point

PLACE/POINTS/NAME/CLUB	TIME
1. 20 Nobu Takahashi DC	42:16
2. 19 Joel Lanz SE	42:39
3. 18 Ian MacLean DC	44:23
4. 17 Andy Schwaab DC	45:46
5. 16 Carrie Sloane DC	46:50
6. 15 Tom McInerney SE	47:20
7. 14 Tom Dugan DC	47:33
8. 13 Robert Smith DC	47:36

**Dolphin Club Run Total 166**  
**South End Run Total 112**



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When I accepted an invitation to have a lunch with phellow 'phin Herb Madden in order to get some advice on our dock, I had no idea that it would turn into an almost two month job of underwater construction over in Sausalito. "Best way to get some experience for the dock at the Dolphin Club," was the advice. Made sense, but also made me black and blue and enormously respectful of Herb's team, led by his son Jim, which does a profoundly demanding job on a daily basis.

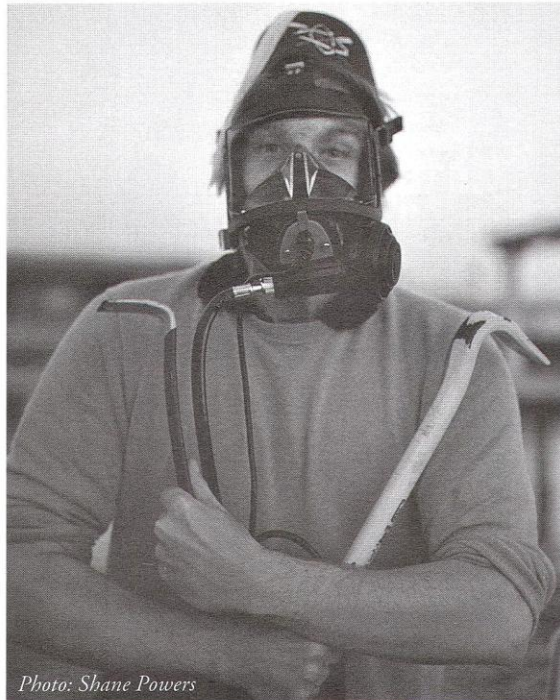
After I finished my plate of pasta on that sunny day in July, Herb suggested that I go out on the dock for what I thought be would a simple, postprandial look at the pier piling work they do, but within minutes I had a hammer in hand. I ended the afternoon, my thumb throbbing from mistaking it for the head of a nail, my arm reminiscent of the spaghetti at lunch, and my head shaking in disbelief that these heroes do this job everyday.

Once I had not even gotten in the water yet, I was subject to a steep and painful learning curve and a periphrastic path to bringing experience and advice back to the Club for our dock. I worked with Jim and his team of Horacio, Luis and Victor. Horacio, from Mexico, and Victor, Portuguese, would call out orders to me in an almost inscrutable pidgin they had invented, a macaronic code of the Iberian Peninsula and whatever English pejoratives fit the job.

By the time I finished my brief, transpontine job in late August, I had bent many nails, kicked many tools off the dock and contributed various pieces of flesh from my hands to the salmagundi of detritus surrounding the pilings of Sausalito harbor.

It would take the experience itself to illustrate how difficult the job was, but perhaps one detail I can briefly describe was the underwater portion. Hammering nails underwater to fix the pile wraps was hard enough, but hammering blind made the work tortuous. What was bizarre about the zero-visibility is that it wasn't always pitch black, but shades of ruddy mud kicked up by my fins, suspended particles so dense that their globular canopy blocked all hope of light ever penetrating.

## PRESIDENT'S REPORT



*Photo: Shane Powers*

### WORKING ON THE DOCK OF THE BAY (Watching a Worm Eat It Away) BY TOM KELLER

After my stint was over, Jim volunteered his time and any tools and materials we'd need for our dock project at the Dolphin Club in the fall. Such beneficence included hours of consultation, labor and even the tow of a raft to the Club. Horacio and Victor agreed to work on Saturday, Herculean generosity considering their weekends are cherished relief from their weekly grind. But once we pulled the old wraps off of our piles, we saw holes spacious enough for cormorant condos, stupendous considering the size of the worm (actually a mollusk), not even an inch, which made them. This marine bore—the notorious *Teredo*, the scourge of Columbus—has terrorized piers and boats ever since people began to explore the sea.

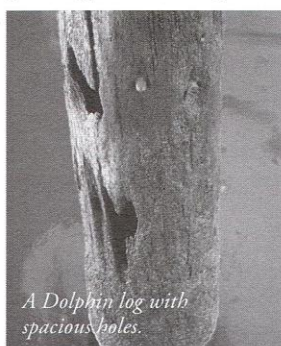
Though this discovery was untimely considering our busy October season, it has catalyzed our working and planning for

the dock as a whole. We are machinating in such a way that future 'phin should benefit from a structural strategy for keeping the dock open for generations. I spent a lot of time underneath our dock, groping around in dim water, slicing up my fingers and hands on barnacles and broken bottles. Over years of ebbs and floods, pieces of cement and rock had fixed the old wraps in place so firmly that a topping maul had to be used to break-up the benthic obstacles. It was hard work, but what with the life-blood of our club in jeopardy, what else could one do?

Hard work continues, but now, it goes on in the Building Committee where those who have served for years are putting all their experience to practice. We do not, as yet,

have a projected date for the re-opening of the dock, but you can be sure it will come after a profound collaboration and effort by club members. No doubt we will be fundraising—for both volunteer time and money—so please keep this in mind in 2008.

*Tick dock, tick dock, tick dock...*



*A Dolphin log with spacious holes.*





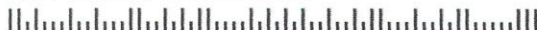
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## 2008 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Tues, TBD	New Year's Day Alcatraz
Jan 20	Sun, 7:00 am	Midwinter Gashouse Cove
Jan 26	Sat, 5:00 pm	Kohlenberg Boatbuilding Feast
Feb 10	Sun, 9:00 am	Handicap Cove
Feb 17	Sun, 1:00 pm	Old Timer's Lunch
Mar 1	Sat, TBD	Gar Woods Polar Bear (Lake Tahoe)
Mar 8	Sat, 6:45 am	All Craft Relay
Mar 15	Sat, 9:30 am	Pier 41
Mar 21	Fri	Polar Bear Swim Ends
Mar 22	Sat, 10:00 am	W.O.W. and End Polar Bear Celebration
Apr 13	Sun, 8:30 am	Dick Beeler Crazy Cove
May 3	Sat, 8:00 am	Yacht Harbor
May 10	Sat, 7:30 am	Pier 39
Jun 1	Sun	100-Mile Swim Begins
Jun 1	Sun, 7:45 am	Crissy Field
Jun 8	Sun, 7:00 am	Bay Bridge
Jun 28	Sat, 5:30 pm	Over 45 Twilight Gashouse Cove
July 13	Sun, 9:00 am	Over 60 Cove
July 19	Sat, TBD	Trans Tahoe Relay
Aug 2	Sat, TBD	Santa Cruz One Mile
Aug 30	Sat, 8:30 am	Fort Point
Sep 6	Sat, 7:00 am	Bay Bridge Row
Sep 7	Sun, 7:45 am	Joe Bruno Golden Gate
Oct 4	Sat, 9:15 am	Escape from Alcatraz Triathlon
Oct 18	Sat, 8:30 am	Alcatraz
Oct 25	Sat, TBD	Dolphin/South End Triathlon
Oct 31	Fri	100-Mile Swim Ends
Nov 2	Sun, 7:30 am	Golden Gate Bridge Row
Nov 8	Sat, 4:30 pm	Pilot Appreciation Dinner
Nov 27	Thur, 8:30 am	Thanksgiving Day Cove
Nov 28	Fri	Grizzly Bear Challenge Begins
Dec 14	Sun, 9:00 am	New Year's Day Qualifier
Dec 14	Sun, 11:00 am	Holiday Brunch Party
Dec 21	Sun	Polar Bear Swim Begins
Dec 31	Wed	Grizzly Bear Challenge Ends

### ROWING TRAINING

On the these Saturdays or  
Sundays beginning at 9:00 am:  
January 19, Saturday  
February 23, Saturday  
March 23, Sunday  
April 19, Saturday  
May 24, Saturday  
June 21, Saturday  
July 19, Saturday  
August 23, Saturday  
September 20, Saturday  
October 25, Saturday  
November 22 Saturday  
December 13, Saturday

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
  2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
  3. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
  4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
  5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
  6. Swim sign-up sheets are posted two weeks prior to each swim.
  7. Time limits are imposed and enforced for all swims.
  8. All club boats are reserved for scheduled swims.
- Additional qualifications for Alcatraz and Golden Gate Swims*
9. In-town members must successfully complete three swims and pilot or help on at least two others.
  10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.

Alcatraz Island  
1.4 miles

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gashouse Cove  
1 mile

Aquatic Park Cove

Pier 41½  
1.2 miles

Pier 43  
1 mile

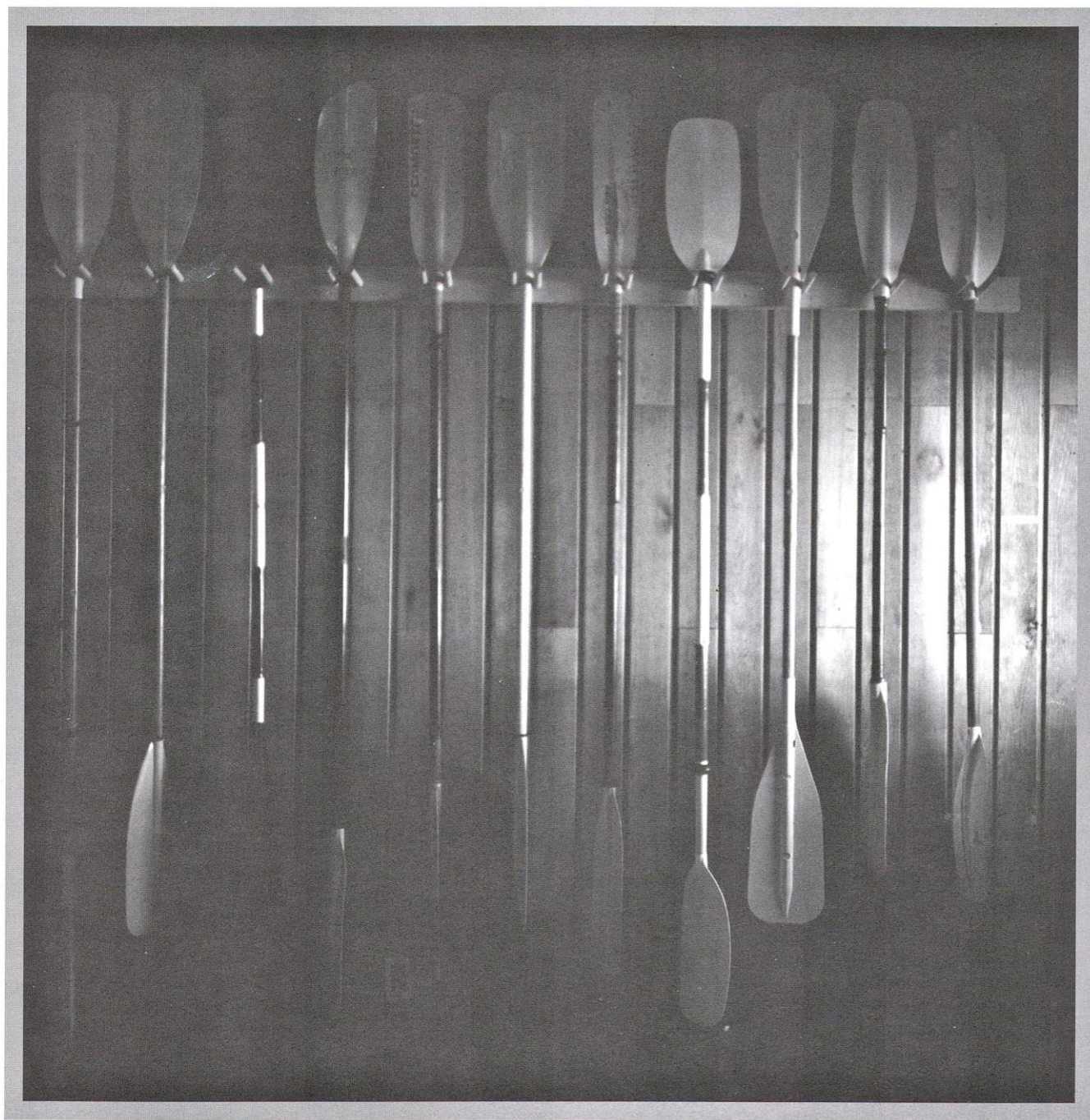
Pier 39  
1.5 miles



SPRING 2008

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

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*sioner*  
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Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

## Election Results For 2008 Term Dolphin Club Governors & Officers

BOARD OFFICERS		Votes
President	Tom Keller	207
Vice President	Ken Coren	201
Treasurer	Rick Avery	206
Financial Secretary	Laura Atkins	193
Recording Secretary	John Ottersberg	205
Boat Captain	Racheal Perry	198
House Captain	Dan Taaffe	197

## BOARD OF GOVERNORS (AT LARGE)

Robert Drake	145
Seth Katzman	167
Margaret Keenan	182
Ian MacLean	169
Sunny McKee	188
Fred Stemmler	143
Andrew Sullivan	157

## BALLOT COMMITTEE

Lou Marcelli, Mimi Osborne, Rachel Kaufman

## Kohlenberg Feast a Smash Hit

What a night! On January 26th, more than 200 Dolphins gathered for a fundraising feast, for a Viking-style single rowboat in memory of Phil Kohlenberg. The result was a sumptuous meal of gourmet proportions, and a net take of \$9,215! This brought the total for the Kohlenberg campaign to just over \$32,000—more than 75 percent of the boat's cost. Which means we have less than \$8,000 left to raise. The event seemed to be blessed from the beginning. Its financial success was due in no small part to generous donations from various Dolphin supporters: a whopping, four-pound side of smoked salmon from the Sanciminos at Swan's Oyster Depot; a half dozen exquisite cakes from Ralph Wenzel of Schubert's Bakery; live jazz by Larry Scroggins; more than a dozen abalone caught by assorted Dolphin divers, and six cases of fine wine from Peter Molnar. This final donation came with a delicious Kohlenberg back story about the day Phil met Molnar's 3-year-old son, Gabriel, in the men's locker room. Upon learning the boy's name, Phil, stark naked, proceeded to sing "Blow Gabriel Blow," which prompted the boy to talk for months about the naked singing Santa Claus. From all indications, Phil was smiling down at the whole endeavor. The weeks' relentless rains paused, for only a day, on the 26th, and resumed just minutes after the last boat was pulled back into the boathouse. Construction of the Kohlenberg is scheduled to begin this fall, with completion projected for mid-2009. She will take a unique place in our fleet—the ideal craft for solo rowers facing water that is, as is common, too rough for a shell, but who can't easily manage the heavy Whitehalls. (This is why one South Ender calls the Thor, their single Viking, "the



AT THE ANNUAL DRINK 'N DIP HOLLIS HODGINS HAD GOTTEN HIMSELF INTO QUITE A PREDICAMENT. THE GLADWELL SISTERS WERE NOTORIOUS FOR DESTROYING LIVES. IT WAS SIMPLE: NO MATTER WHICH SISTER HE CHOSE, THE OTHER TWO WOULD SURELY EXTRACT REVENGE FOR BEING REJECTED. HOLLIS HAD TO THINK FAST.



jewel of our club."

While the boat committee urges everyone to make the dock repair their priority for club donations, contributions can still be made to the Kohlenberg. A few spots still are available for "patrons"—donors of \$1,000 or more, who will be named on a brass plaque on the Kohlenberg's stern. All checks (which are not tax-deductible) should be made out to "The Phil Kohlenberg Fund." Drop them into the blue Dues box in the Staib room, or mail them to: DSBC, 502 Jefferson St., SF, CA 94109, attn: Treasurer.

*- Todd Oppenheimer*

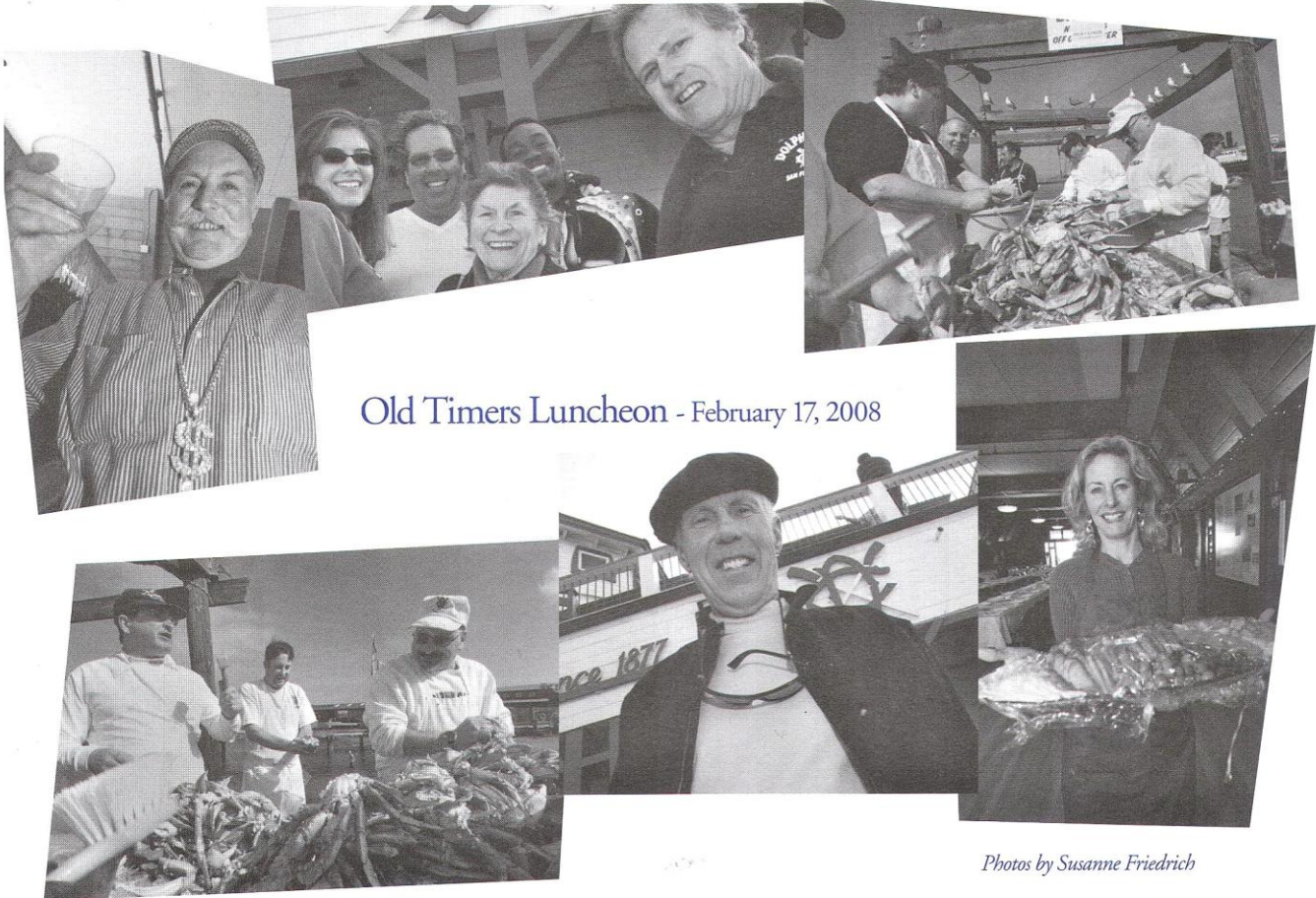
## Pier Update

At its March 19 meeting, the Board of Governors approved North Coast Divers' bid for repairing the pier and Morris Materials bid for installing a new hoist system. The pier repair will consist of encasing 18 piles in a fiberglass/epoxy/cement jacket, replacing the cross beams on 18 piles and doing related structural repairs. The new hoist system will eliminate the convoluted pulley and winch system that was putting stress on the piles and replace it with new simplified system at the end of the apron.

The City of San Francisco Building Department issued its permit for the work and Bay Conservation and Development Commission has notified us that the work is covered by our existing permit. While we still have to schedule the work, we believe construction will begin about May 1st and take 4 to 6 weeks. Barring unforeseen problems, the total cost will be approximately \$205,000.

Since the December mailing, the Building Fund has raised approximately \$42,000 directly for the pier project. We encourage you to make your tax-deductible donation. Please make your check payable to "San Francisco Parks Trust" with the "DC Building Fund" in the memo line.

Mail to the DC, 502 Jefferson St., San Francisco, CA 94109, attn: Sunny McKee.



Old Timers Luncheon - February 17, 2008

*Photos by Susanne Friedrich*



# Musings of an Aging Athlete

by Vincent Huang

I remember my initial impression the first time I piloted the over 60 swim. It looked like a migration of orange capped endomorphs with flamingo-like stick legs chattering nonsense and jive before plopping in the water with abandon and surrendering to tides that would eventually float them back to the safety of the club like driftwood after a winter storm. Piloting for this group was about as exciting as watching sand erode. The over 45 Doc Howard swimmers didn't look much better either albeit a bit younger and with noticeably more purposeful forward propulsive movement. I marveled at these classics for their bravado was not so much for the ensuing competition but for the pure joy of being on the water, the social banter and the spirited camaraderie. They are in a class of their own. Then as now, I couldn't imagine being that age, but now I almost am. Fast forward, too fast, and I find myself with many of my peers becoming part of that past. As neo-characters, apprentices, so to speak, we find ourselves now headlining many of those very traditional events, but with two notable differences: there are more of us, and we're faster.

Our swimming prowess as with other aspects of our health, overall well being and fitness is in part characteristic of who we are; the infamous baby boomer generation, those born between 1947 and 1961. It was a generation and time of fast living marked by experimental overindulgence (for some) in sex, drugs, rock 'n' roll and alternative lifestyles with no worries of tomorrow. And then, when we got over the shock of becoming 30, many of us felt ready to undertake responsibilities in a world we thought we could change, contribute to and make a difference. We became the generation with self proclamations and absorbed narcissistic euphemisms

whose subliminal message reeked of denial of the inevitable. We make such acclaims as 50 is the new 40, age is just a number, you're as young as you feel, etc. etc ad nauseam. Our vanity and subconscious denial underlies our behavior and motivation to live a better and fulfilling life. Perhaps it was the realization of our own mortality after we admitted to being middle-aged that obsesses and makes us try and turn back the hands of time, or at least slow it down, by showing how youthful we are by what we do or at least think that we can do.

Getting older and being older is an ongoing surreal experience, full of would of, should of, could of, I remember when, I used to... In part that's because mostly we don't feel, nor look, nor behave our age as we compare ourselves to the stereotypes of our parent's generation. Yet despite our spin on what we do, and aside from aesthetic surgical or pharmaceutical enhancements, aging is undeniable says the cursed, unforgiving mirror. We see, feel, and live with those inevitable changes.

Hair begins to disappear atop and redistributes itself out the ear (maybe that is why our hearing becomes impaired) and out the nose (maybe that's why we don't smell as well), and on occasion you find orphaned stragglers growing out of random places. For some the protuberances themselves continue to grow. Our faces become disproportionate with enlarging lobes and bigger teeth magnified by the indignity of bifocals. We begin to morph into cartoon-like characters reminiscent of pontificating political pundits. Our skin slowly withers and wrinkles, becoming more translucent and looking a bit reptilian covered with barnacles and weathered age spots. As our bones get thinner and brittle, we respond to the forces of gravity like a snowman

in late spring. Our virility may wane or malfunction. We question our cognitive skills. All this, as we find ourselves slowly acquiring elder statesmen status without even asking. We ache in the morning, nap of necessity after lunch, late is 10 PM, and we need to warm up before attempting anything physical. Or should, because recovery from any injury takes a lot longer than we remember. It's when we begin receiving mail from AARP and attend more funerals than weddings that we become aware of how life has become so short and our mortality so real. In our quest to stay forever young, what many of us eventually come to realize is that it's all about being truly happy and that being healthy plays a crucial part.

But for us it may not be so much about getting older as how we choose to age. Why are we better swimmers or athletes than our predecessors? Because we desire and pursue functional health and understand its value. We aren't just weekend warriors, we don't just recreate, we train. we cross train. We're astute technicians on form and execution. We watch what we eat. We utilize science-based training, coaches and technology. We are aware of the health/fitness science behind the mechanics and nuances of maximum efficient motion, fuel consumption, sport medicine, and we have the resource and access to buy the best in equipment—and if it doesn't exist we have it custom built. Fitness health has become part of who we identify ourselves as and not what we did on some weekend. We remain vain, self assured, yet we continue to strive for some nebulous balance in our lives, still wanting to do it all and be the best (at least in our age group). We know that nothing is forever but at the least we want to look good in





## *The First Over 60 Cove Swim May 19, 1974*

*Photo by Jerry Hawryluk*

*Though all these "old timers" are now swimming in calmer waters, maybe some of our younger members might like to put a face on a few club legends. They are as pictured, placed, and timed. Standing left to right: Robin Kincaid, travel writer, 10th 34:54; Joe Carroll, longshoreman, 3rd 22:00; Frank Drum, longshoreman, (did not swim); Jim Mayall, retired colonel, 4th 22:37; Vern Loudon, refinery operator, 6th 24:47; Hector Stephen, furniture business (and a creamery) 9th 34:53; Linus McCaleb, WWII merchant ship captain, 7th 27:40. Seated left to right: Joe Bruno, retired metal worker (with over 60 Golden Gate swims, a record he still holds), 2nd 21:30; Dan Murphy, retired banker, 5th 23:48; Lou Nagy, U.S. Masters champion, 1st 18:04; Joe Weiss, carpenter, oarsman 8th 28:39.*

-Walt Schneebeil

the meantime. So we do everything smarter, accessing an infinite wealth of resources to help us to be on top of our game when in pursuit in all our physical activities from swimming, rowing, biking, running skiing...to sex.

The research to date is encouraging. It supports the hypothesis that, regular activity can be the proverbial fountain of youthful appearance, self-esteem, overall health, happiness and, most importantly, mindset. And, we are forever mindful of who is in our rear view mirror, the up and coming generations, ready to relegate us to irrelevance. But, because of our

strong will (or ego) and knowing the consequence of failure, we still think we can keep up on a good day and on a lucky day...crush them. If we don't, well, we can always pull the age and weight card. And finally, as we mellow, we become a bit delusional, believing we are forever, still pretty good, because in our minds we are just as good as we remember, as if it were yesterday. And wasn't it just yesterday?

It is our lifelong, lifestyle commitment to fitness that will perpetuate the youthfulness within. It's a mindset with a positive attitude. I guess the best analogy of what

happens to the aging active athletes is much akin to a classic conservative automobile whose body is affixed atop a late model tuned chassis with a high performance motor. A real sleeper.

And today, the over 45 age group, the one I'm in, is one of the largest, most competitive, highly skilled and dominant sub groups of swimmers at the Dolphin Club.



# A Rolfer's Approach to Swimming

by Neal Powers

When I became a member of the Dolphin Club in 1992, I had no experience with swimming. I struggled from one buoy to the next completely exhausted. Throughout the next 15 years, with some great input from various members of the Club and with a considerable amount of practice, I have become what I consider an adequate swimmer.

My overall goal in this article is to explore patterns of movement that allow one to swim with greater ease and grace. It is not meant for the pedigree swimmers that we honor and appreciate for their speed and accomplishments, instead it is food for thought for the average and less than average swimmer who wishes to develop a more efficient swim stroke. I do not want to sound like an experienced swimmer...more of a novice swimmer exploring patterns of movement.

First of all let me share a little of my background in the alternative field of health. After college I took up residence at Esalen Institute in Big Sur. My intention was to immerse myself in the Human Potential Movement. It was there that I met Dr. Ida Rolf, and I knew immediately she was a moment of history. She was extremely wise, mildly arrogant, and very human. She looked at bodies differently than anyone I had ever met. She could see patterns of movement in an individual that reinforced chronic discomforts and limitations. With great reservation, she accepted me as a student, and I studied under her tutelage for years. I was never her star student, and I think she politely tolerated me for my dedication. I've now been doing this Rolfing work for 35 years.

## *Rolfing in a nutshell:*

Over time bodies develop patterns of strain and holding that dictate and limit freedom of movement. By working with the myofascia (connective tissue) of the body, the practitioner begins to free these restrictions which allow the body to lengthen and subsequently become more fluid in movement. In addition, Rolf perceived that the more a body was organized around a vertical axis, the greater balance in movement it had. She referred to this vertical axis as "the Line".

For a swimmer, becoming more fluid seems quite appropriate. With water being approximately 1000 times denser than air, it also seems appropriate that the less drag

a body exhibits in swimming the greater the opportunity for grace and efficiency. Another way of looking at this efficiency factor is that the more "in line" and connected the body is with itself the less drag in the water it produces.

Any new activity usually begins with a certain amount of effort and awkwardness. A typical example is of teaching a child how to ride a bicycle. At first they have a death grip on the handlebars, they're holding their breath, and they have complete stiffness in their body. After a bit of practice the individual learns that the balance they are seeking in riding the bicycle is involved in letting go of the effort and relaxing the body. Balance emerges as the holder lets go (one "finds" his or her center). No amount of information and input provides this discovery. It is a series of self-realizations that occur during the practice of learning to ride.

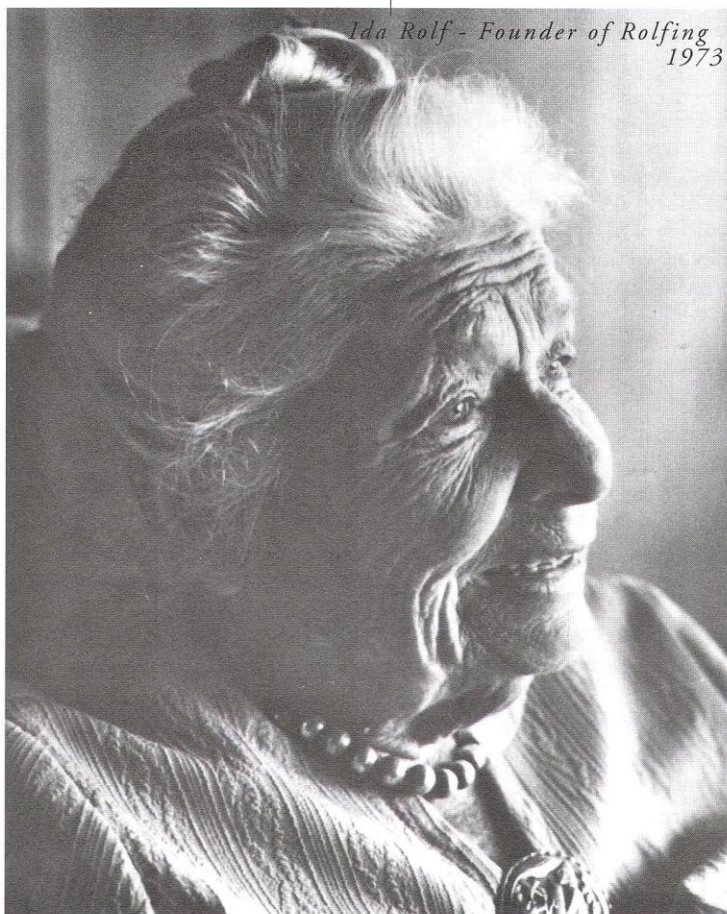
The same series of experiences holds true for learning to swim, as well as introducing and then practicing new techniques. At

first, effort and stiffness reign. However over time and with guidance and practice one can become a better swimmer.

## *Our swimming body in a very generalized nutshell:*

Minus the organs and a few other important systems, we have an extrinsic body and an intrinsic body. The extrinsic body consists mostly of the outside muscles of the body often referred to as "doing" muscles. These muscles allow us to lift, carry, push, shove, run, row, and swim. The intrinsic body consists mostly of deeper muscles and ligaments often referred to as the "being" part of our body. These are finer muscles more acquainted with skeletal stability, balance and inner lift. Obviously one needs stability and balance when lifting, carrying, pushing, shoving, running, rowing, and swimming.

We each have strengths and weaknesses in these two systems. The dance in physical health is to find ways to integrate both



*Ida Rolf - Founder of Rolfing  
1973*

*Photo by Al Cohen*



extrinsic and intrinsic systems. If one is too extrinsic the tendency is towards bulk and gross movement, and the body is often compressed and shortened. If one is too intrinsic then the body is too soft and has less energy. A good direction in balancing and integrating the extrinsics with the intrinsics is to find exercises that develop "core strength." Abdominal exercises tend to be excellent for this. It is not uncommon that the abdomen for an individual needs greater tone. The abdomen is basically a container for our organs. And this container loses its shape (kind of like a grocery bag over time). Most abdominal exercises (sit-ups, crunches) tone the abdomen but overall shorten the front of the body. If you wish to become a more efficient swimmer (and have good posture) it will behoove you to also have a balanced relationship between the front and back of your body. A Physical Therapist from Australia by the name of McKenzie developed the "dying bug" exercise. This is one of the best abdominal toning exercises (core strengthening) that I have found. Certain exercises in Pilates, yoga, rowing, physical therapy, and even meditation can also provide such an integrative strength.

#### *Physical Strain:*

In physics, strain is the physical response to stress. In other words, stress is the outside force and strain is the inside response to this force. Strain in the human body takes many forms. Tension and tightness are two common descriptions of structural strain. There are two common characteristics of physical strain. First, physical strain exhibits itself as a constant tension. The area is contracted and as a result limits mobility in and around that area. The body does its best to accommodate this tightness by developing patterns of movement to compensate for this limitation of movement. An example of this would be if a swimmer's shoulder girdle is too contracted then the individual's arms without the support of the shoulder strength would have to work harder. Secondly, physical strain is heavy. Strain compresses an area, and the compression results in a heaviness that is palpable. If you can notice an area of your body that holds tension, you may also experience that area as feeling heavier. Feeling heavy while swimming limits grace and efficiency.

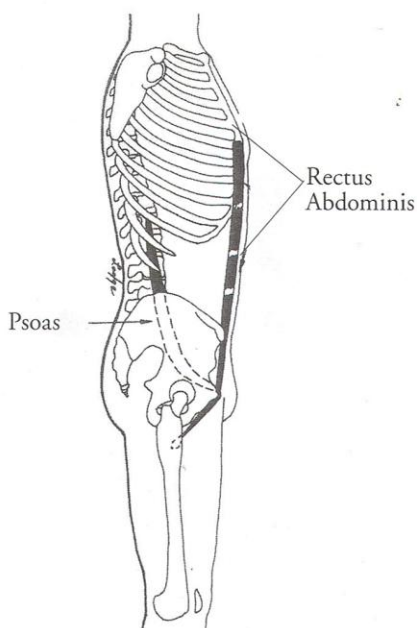
#### *Observing Strain:*

First, notice strain; which at first can be felt as effort or holding. Briefly scan your body looking for any of these patterns. See if you can let go of those areas. Breathe. Holding one's breath is often a sure sign of effort. It's a very Western tendency to hold one's breath, especially if one is attempting

to do something right. If you take the time to observe your breathing and allow it to become more natural any activity will become less effortful. Awareness is the beginning of change.

#### *The Development of Habit Patterns:*

Some tension is directly related to effort. But deeper chronic patterns of tension are ingrained into one's system through physical or emotional trauma. As muscles chronically compress the skeleton shortens and rotates. As the skeleton shortens and rotates, an environment for nerve compression and irritation occurs. As a result, the body tries to compensate. As individuals we develop habit patterns that accommodate such compensations. A habit pattern over time then becomes an unconscious way of doing an action. One develops a way of sitting, standing, reaching, rowing, swimming, or carrying something. Every day and every hour we perform such habit patterns. The problem with habit patterns is that they often reinforce structural problems that we are trying to alleviate. The way out of such an environment is to first observe your habits. A habit pattern becomes less ingrained when one becomes conscious or aware of it, and observing one's actions then provides an opportunity to modify patterns. But habit patterns take time to disengage (an average of two years). Be patient and forgiving and continue to observe.



*A balanced extrinsic and intrinsic system provides a balanced core*



*A body in need of core strengthening and balancing*

#### **Some of the insights gained while learning to swim in the Bay**

1. There are often good days and some times not so good days.
2. The more you keep your head down the less the legs drag.
3. When you use your pelvis and abdomen to initiate the swimming stroke and follow-through, the easier it is to swim.
4. Do not cross the arms over the center axis when reaching. Crossing over the center axis is counter productive for forward motion. (This is a very common mistake.)
5. The more you pause between strokes the greater the opportunity to glide in the water.
6. The more you kick with your legs close together the faster you go.
7. Breathing comfortably relaxes your chest. Holding your breath tightens the chest.
8. Some times it is important to forget everything, pause, and enjoy the moment.
9. Don't bump Kate Coleman during a swimming race.
10. Enjoy the Club. Participate, volunteer, and relish the moments of being a Bay rower and swimmer.





2008

Life Members

Old Timers Luncheon

February 17, 2008





*Photo by John Perino*



# Launch Procedures

Please follow the launch procedure below for all DC boats from the SERC dock:

1. Sign out/in Dolphin Club and South End log books.
2. SERC dock has a manual crank to lower and/or raise the apron. Bring the dock to a 'horizontal or to a slight-to-moderate incline' if an 'extreme slope' results from 'low tide water' level before sliding the boat from the dolly on to the apron; then execute the standard launching procedure.
3. DC dollies should not be wheeled down to the end of the apron (the dollies may be rolled down the apron if it is not too steep). Use the wheel stop (painted red) to prevent the dolly from rolling when sliding the boat off the dolly (reverse this procedure when loading the boat back on to the dolly). Slide the boat from the dolly at the top of the apron (as we do on the DC dock) and slide down the apron accordingly. Stop the boat before the keel makes contact with the 'block' at the end of the apron. 'Lift' the keel up and gently lower on to the block; slide the boat into the water.
4. Be sure to bring up the apron if no other rowers are logged out of the SERC book when you sign in. Bring up the SE dock to a 'level-horizontal' position and 'lock the manual crank winch' by slipping the loop of the hand line on the winch handle, if you are the last boat to come in. Note: When the apron is on an incline/slope, always tie off an unattended boat to a cleat.

Thank you,  
*Racheal Perry and  
Reuben Hechanova*

## Petaluma Row

March 1 - 2, 2008



Left to right  
*Gretchen Coffman,  
Renee de Cossio,  
Alan Calder,  
Andrea Kellogg,  
Diane Davis and  
Tom McInerney*

*Renee de Cossio*



*Grant Mays &  
Kim Pross*



*Photos by Renee de Cossio*



## Get Out and Row

Gone are the short days and cold waters of winter. We are fast approaching warmer temperatures, longer days and fewer excuses to not get out and row.

This winter has presented its challenges to Dolphin rowers, with endless days of rain and our dock down for repair. Despite the challenges, there have been a few rowers who have religiously taken their favorite Whitehall, shell, paddle board and/or kayak out on the Bay. Not to mention our dedicated pilots who have continually rowed with the punches to support our swimmers. Bravo!

Over on Lake Merced, Dolphin rowers are enjoying the magical sunrises and calm conditions that winter rowing offers. On any given morning you will find a group of rowers enjoying the flat water conditions on the lake.

As we look forward to spring rows, we will face the challenge of windy spring conditions but be witness to the rejuvenation of life on the Bay and at Lake Merced as birds, sea lions, seals and fish begin their mating season.

If wildlife doesn't motivate you, consider the upcoming local group rows and regattas to prepare for. Its never to early to start preparing for the DC vs. SERC Triathlon this fall!

### *Notes from the Petaluma Row 2008*

Two PB&Js, one Cliff bar, two goo, two water bottles and one banana later our eight hour row from the Club to Black Point Landing is over. It is a perfect Saturday morning, overcast and slack tide at 7:51 a.m. going into a 3.3 ebb maxing at 11:16.

Before we launch at 7:00 into the calm Bay waters and head to the east of Alcatraz and Angel Island, I enjoy my first peanut butter & jelly sandwich, perfect rowing fuel. Three Viking boats begin the 26 miles up to Black Point where the next crew will switch in and row the 12 miles up the Petaluma River to North Bay Rowing Club. The total journey is estimated to take a maximum of eight hours, and the crews will gather for dinner in Petaluma. The following morning each crew will do the reverse of the previous day so that everyone can experience the different waters our Bay Area has to offer.

After an hour the three crews stop for a short break at Bluff Point on the South East tip of Tiburon. The water is calm though the wind is starting to pick up ever so slightly. What a great day! This is a perfect time for that second PB&J and some more water. We are all feeling great and talking about reaching Black Point in record time, maybe four hours! Onward to the Richmond Bridge, our next stopping point.

—Racheal Perry

## Upcoming Group Rows & Regattas

All Craft Relay TBA Open to SERC and host brunch

April 20th Open Ocean Regatta, Open Water Rowing, Sausalito Open Event

June 15th Lake Merritt Sprints, Lake Merritt Rowing Club, Oakland, CA

June 21st Rowing at Altitude, Kings Beach, Lake Tahoe Open Event

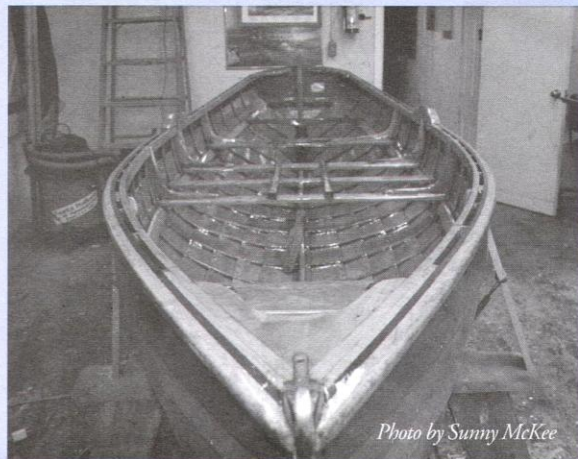
July 26th National Open Water Rowing Championships, Open Water Rowing, Sausalito Open Event

## Grizzly Bear Challenge

1st Place	Andy Kerr	170,000 m
2nd Place	Elaine Bucholz	105,000 m
3rd Place	Ted Levinson	105,000 m
4th Place	Gretchen Coffman	88,000 m
5th Place	Racheal Perry	77,000 m
6th Place	Diane Schatz	73,000 m
7th Place	Laura Atkins	57,000 m
8th Place	Athena Kyle	40,000 m
9th Place	Mary Magocsy	22,000 m
10th Place	Diana Harrington	16,000 m
11th Place	Dolores Meehan	11,000 m
12th Place	Jake Keller	10,000 m
13th Place	Corinna Witt	6,000 m
14th Place	Cheryl	6,000 m
15th Place	Margaret Keenan	5,000 m

## Wooden Boat Update

Out of service: Foster and Cecco are being serviced at Tuesday night Boat night and are expected back in service Summer 2008.



*Photo by Sunny McKee*



# DOLPHIN LOG SWIM STATISTICS

## Swim Commissioner's Report

Every year a new set of brave souls step forward to conquer the Polar Bear, each with their own anticipated routine. But each winter brings a new barrage of challenges. An oil spill, a sewage spill, a damaged pier and omnipresent, excessively cold water were the hurdles that challenged us during the 2007/2008 Polar Bear Swim.

In December we saw the temperature drop below 50 degrees. Lou calls this temperature benchmark "The Mendoza Line," named after shortstop Mario Mendoza whose poor batting average became notorious in major league baseball. For part of December and the entire month of January, the temperature stayed below "the Mendoza Line." It wasn't until mid-February that the temperature finally cracked 50, rising 3 degrees within a week.

But before the temperature rose, great feats of swimming took place. Justin Wilcox completed the Polar Bear Swim in record time, finishing his forty miles at 10:02 p.m. on Christmas Eve, and beating the previous record, established last year by Pete Perez by two hours! Nigel Killeen, Sean McFadden, Rick David and Joe Illick humbled the rest of us by filling out the roster of The First Five to the Polar Bear. Often, when I arrived at the club around six in the morning, Nigel would be in the shower having already swum two miles. Most of us slowly and dutifully chipped away at the polar bear, one hard won square at a time.

Temperature inevitably became the main topic of conversation in the sauna as we struggled to warm up. 48? 48.2? "It's definitely warmer today," one swimmer would insist, "at least half a degree." "Not according to my watch," another would reply. It didn't take me very long, after I joined the club nearly six years ago, to realize that for Dolphins, discussion about swimming is just as important as the act of swimming.

As I write this report in late February, I still can't say if the water will stay above the Mendoza Line. I suppose the mystery of what the winter temperatures will do is part of the mystique of swimming in the bay. Hopefully our future will be free of oil or sewage spills and our water will stay clean. In the mean time, we'll keep swimming and take advantage of our incredible little cove, which we are so lucky to have!

—Brian Herrick

## New Year's Day Alcatraz Swim

JANUARY 1, 2008

1	Suzanne Heim-Bowen	DC	22:53
2	Paul Sagara	SE	23:01
3	Darrin Connolly	SE	25:43
4	Karah Nazor	SE	25:46
5	Nigel Killeen	DC	26:22
6	Amber Rhett	DC	27:12
7	Laura Burtch	DC	27:17
8	John Walker	DC	27:31
9	Scott Haskins	DC	27:32
10	Jonathon Paul	SE	27:52
11	Sue Free	SE	27:53
12	Michael Tschantz-Hahn	DC	28:16
13	Tim Reid	SE	28:30
14	John Ottersberg	DC	28:32
15	Sean McFadden	DC	28:56
16	John Hathaway	SE	29:19
17	Patti Bauernfeind	SE	29:42
18	Michael Tzortzis	SE	29:43
19	Alex Johnston	SE	30:04
20	Ralph Wenzel	DC	30:05
21	Cathy Delneo	SE	30:30
22	Rick David	DC	31:06
23	Laura Woodhead	SE	31:06
24	Jon Nakamura	DC	31:18
25	Barry Naughton	SE	31:29
26	Sarah Marks	SE	32:39
27	Peter Drino	DC	32:58
28	Laurel Condro	SE	33:35
29	Neal Powers	DC	34:23
30	Chas De Ferrari	SE	34:35
31	Gary Emich	SE	35:00
32	Joe Butler	SE	35:07
33	Jennifer Lamers	DC	35:23
34	Andrea Field	SE	35:47
35	John Paul Reichmuth	SE	35:54
36	Tom Linthicum	SE	35:58
37	Joseph Omran	DC	36:04
38	Johnny Diesel	SE	36:29
39	Joe Bracco	SE	37:16
40	Chris Guid Trotta	SE	37:30
41	Derek Minihane	SE	38:24
42	Greg Wamshuis	SE	38:28
43	Mike Mitchell	DC	40:03
44	Jerry Lowden	SE	40:14
45	Carlos Pineda	SE	41:49
46	Chris Bruno	SE	42:59
47	Keith Nowell	SE	43:08
48	Cathy Bump	SE	52:40
49	Naphtali Offen	DC	59:00
50	Rey Hassan	DC	59:37
51	Dave Williamsn	SE	1:05:11
52	Pete Neubauer	DC	1:08:17

## New Year's Day Cove Swim


JANUARY 1, 2008

### SHORT COURSE

1.	Nancy Cutler	13.07
2.	Sunny McKee	13.17
3.	Rick Avery	14.05
4.	Jim Ferrara	14.14
5.	Dan Osborne	14.16
6.	Nancy Hornor	16.56
7.	John Hornor	17.50
8.	Robin Rome	19.00
9.	Sue Garfield	20.16
10.	Era Osibe	20.40
11.	Mary Cantini	23.02

### LONG COURSE

1.	Chase Bruckner	18.00
2.	Jon Ennis	20.20
3.	Beth Stein	27.25
4.	Krist Jake	28.23
5.	Lolly Lewis	28.32
6.	Joe Illick	31.20
7.	Vic Pizarro	34.52



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## DOLPHIN LOG SWIM STATISTICS

### Hurrah for the Pilots

Susan Allen, Ray Artigues, Brian Herick, Emma Huckabay, Peter Perez

### Helpers

Libbie Horn, Pat Howard, Mimi Osborne, Gina Rus

### Gas House Cove Swim

JANUARY 20, 2008

1. John Ottersberg (10)	20.04
2. Nigel Killeen (9)	20.45
3. Amber Rhett (8)	21.08
4. Jason Prodoehl (7)	22.30
5. Ralph Wenzel (6)	22.38
6. Rick David (5)	23.50
7. Kevin Haugh (4)	23.55
8. Rebecca Tilley (3)	24.58
9. Bingo McKenzie (2)	25.11
10. Jennifer Lamers (1)	25.18
11. Nancy Cutler	25.26
11. Neal Powers	25.26
13. Rick Avery	25.39
14. Terry Horn	25.49
15. Nobu Takahashi	27.14
16. Jay Adams	28.15
17. Joe Illick	28.29
18. Naphtali Offen	29.50
19. Robin Rome	29.53
20. Ken Coren	29.58
21. Vic Pizarro	30.01
22. Will Powning	37.10

### Hurrah for the Pilots

Susan Allen, Ray Artigues, Marcus Auerbuch, Barry Christian, Suzie Dods, Don Harrison, Reuben Hechanova, Brian Herick, Bob McKenzie, Kent Myers, Dan Osborne, Phil Rollins

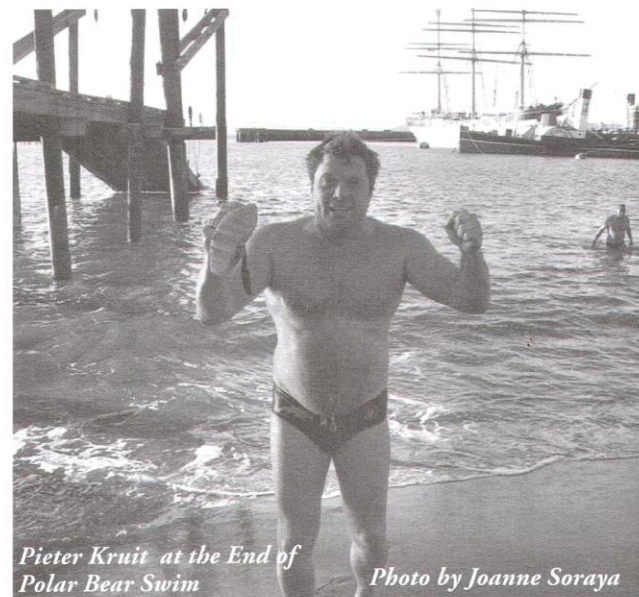
### Helpers

Pam Derks, Sue Garfield, Suzanne Heim, Greg Kearney, Nigel Killeen,



*Pier 41 Swim*

*Photo by Libby Horn*



*Pieter Kruit at the End of Polar Bear Swim*

*Photo by Joanne Soraya*

Jennifer Lamers, Pat McGarvey, Piper Murakami, Mimi Osborne, Phil Rollins, Gina Rus

### Handicap Cove Swim

FEBRUARY 10, 2008

1. Greg Kearney	26.10 (16.10)
2. Suzanne Heim	26.11 (16.11)
3. Nigel Killeen	27.18 (18.18)
4. Ken Coren	28.55 (27.55)
5. Jennifer Lamers	29.24 (22.24)
6. Sunny McKee	29.43 (22.43)
7. Terry Horn	30.04 (22.04)
8. Nancy Hornor	30.18 (26.18)
9. Rick Avery	30.21 (23.21)
10. Lolly Lewis	30.23 (26.23)
11. Brian Herrick	30.36 (22.26)
12. Hal Offen	30.43 (28.43)
13. Mark McKee	31.00 (24.00)
14. John Hornor	31.15 (26.15)
15. Sue Garfield	21.26 (20.26)
16. Jim Ferrara	21.04 (25.04)
17. Michael Winer	34.09 (33.09)
18. Debbie Rose	35.23 (???)
19. Eric Shupert	38.15 (37.15)

### Hurrah for the Pilots

Jay Adams, Susan Allen, Ray Artigues, Don Harrison, David McGrane, Kent Myers, Dan Osborne, Pete Perez

### Helpers

Sue Garfield, Suzanne Heim, Jennifer Lamers, Pat McGarvey, David McGrane, Dan Osborne, Mimi Osborne, Phil Rollins, Gina Rus

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# DOLPHIN LOG SWIM STATISTICS

## Pier 41 Swim

MARCH 15, 2008

1. Scott Haskins (10)	18:40
2. Laura Burtch (9)	19:53
3. Nigel Killeen (8)	20:05
4. Amber Rhett (7)	21:13
5. Daniel Considine (6)	21:23
6. Justin Wilcox (5)	21:31
7. Jason Prodoehl (4)	22:04
8. Micky Lavelle (3)	22:14
9. Paul Davies (2)	22:15
10. Peter Drino (1)	24:15
11. Nancy Cutler	24:16
12. Ted Tilles	24:23
13. Andy Stone	24:24
14. Rick David	24:51
15. Terry Horn	24:56
16. Neal Powers	25:00
17. Jennifer Lamers	25:19
18. Beth Stein	25:24
19. Rick Avery	25:31
20. Pete Neubauer	26:14
21. Joe Illick	26:40
22. Paul Irving	26:42
23. Jim Ferrara	27:01
24. Keith Howell	27:08
25. John Hornor	27:10
26. Robin Rome	27:23
27. Hal Offen	27:24
28. Jim Frew	27:46
29. Alex Buehlmann	27:58
30. Lolly Lewis	28:25
31. Ken Coren	28:30
32. Hugh Kim	28:35
33. Vic Pizarro	30:23
34. Anne Sasaki	30:49
35. Sue Garfield	30:56
36. Rey Hassan	31:36
37. John Frederick	31:42
38. Debbie Rose	35:35
39. Will Powning	36:48
40. David McGrane	37:15

## Hurrah for the Pilots

Susan Allen, Ray Artigues, Marcus Auerbuch, Pete Bianucci, Jon Bielinski, Susan Cobb-Frederick, Ken Frank, Brian Herrick, Libbie Horn, Margaret Keenan, Steve Lathram, Kent Myers, Emily Roth, Eric Shackelford, Jim Thurmond, Tom Vaughan, Dave Zovickian

## Helpers

Jim Ferrara, Cory Ferrara, Sue Garfield, Mike Garibaldi, Rey Hassan, Nigel Killeen, Bob Lowney, Loretta Madden, Janice McCall, Laura Merkl, Pete Neubauer, John Nogué, Mimi Osborne, Dan Osborne, Neal Powers, Gina Rus, Andy Stone

## Polar Bear Results

DECEMBER 21 - MARCH 21, 2008

	Miles
Nigel Killeen	208
Joe Illick	141.25
Sean McFadden	100
Joseph Omran	87.5
Laura Merkl	84
Naphtali Offen	82
Peter Conidi	70.5
Andy Stone	65.25
Bill Burke Virgin	63
Hugh Kim	58.5
Neal Powers	58.25
Rick David	56
Vincent Huang	55
Lolly Lewis Virgin	55
Pete Neubauer	52
Nancy Cutler	50
Peter Drino	50
Daragh Powers Virgin	50
Sue Garfield	48.5
John Theede	47.25
Laura Burtch	46
Mickey Lavelle	46
Carter Seddon	46
King Sip Virgin	46
Jim Frew	45.25
Tom Hofmann	45.25
Vic Pizarro	45
Larry Scroggins	45
Beth Stein Virgin	44.75
Nobu Takahashi Virgin	44
Ralph Wenzel	43.5
John Street Virgin	42.75
Robin Rome	42.25
Lee Hammack	42
Phil Scarborough	42
LizAnn Schiff	42
Mimi Osborne	41.5
Darcy Wettersten	41.5
Pieter Kruit	41.25
Bob Drake	41.25
Kevin Haugh Virgin	41
Jason Prodoehl Virgin	41
Rebecca Tilley	41
Steve Worthington	41
Keith Howell	40.5
Krist Jake	40.5
Jon Nakamura	40.5
John Ottersberg	40.5
Firat Yener Virgin	40.5
Sunny McKee	40.25
Rick Avery	40
Daniel Considine Virgin	40
(in 3 days, 12 hours)	
Joanne Carr Virgin	40
John Dugan	40
Jon Ennis	40
Scott Haskins	40
Rey Hassan	40
Brian Herrick	40
Arnie Oji Virgin	40
Ted "Clownfish" Tilles	40
Justin Wilcox Virgin	40
(1st to 40)	
Dan Osborne Old Goat	28
Mike Weiner Virgin, Old Goat	20.75
John Frederick Old Goat	20.5
Keith Weaver Old Goat	20.25

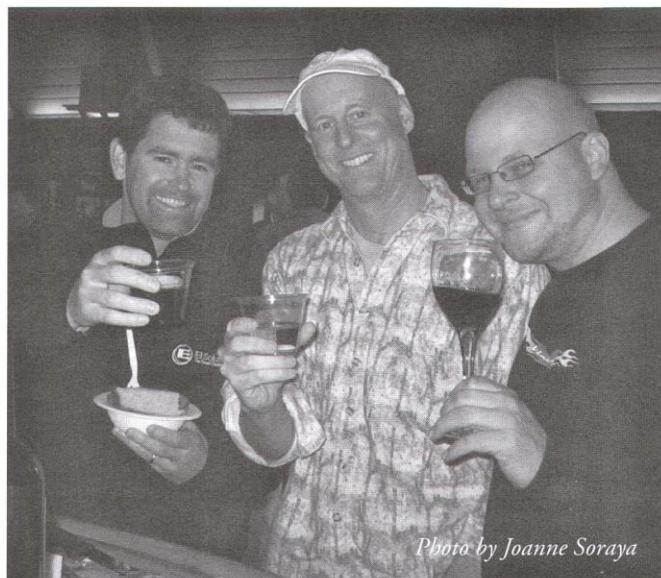


Photo by Joanne Soraya

Toasting their first Polar Bear  
John Street, Brian Fitzgibbons, Jason Prodoehl

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San Francisco, CA 94133  
PH: 415-409-9001  
"We Cater"



## Multi-Colored Memories

Purple Rivers, Orange Mustaches, Green Carpets, Ruddy Cocktails. They roll off the tongue like the marshmallow ingredients of Lucky Charms; but, they are really just all happy memories from my tenure as chair of the entertainment committee. Chair is a good term for it, too, as there is a lot of sitting around, waiting to rise up from long, recumbency, put on a big, culinary show and halo one's noggin with the rim of a blue fez.

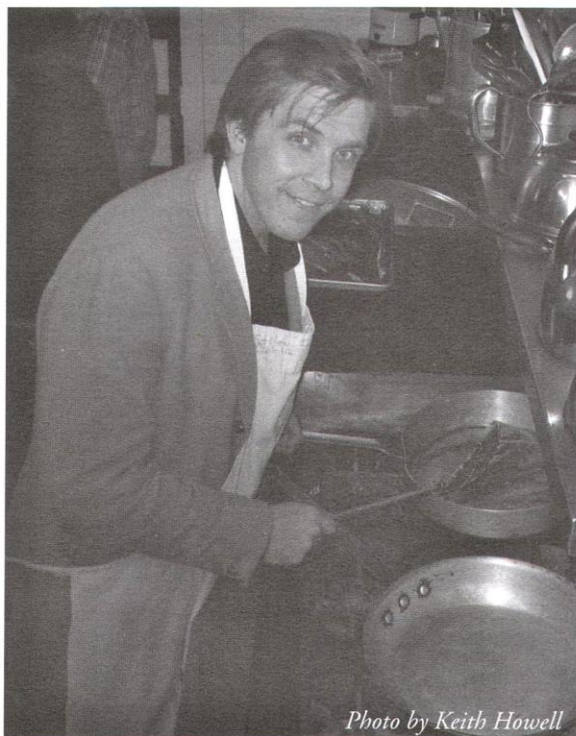
But what of this cryptic collection of nostalgia I've listed along with their colorful attributes? I had thought to leave them up to the imagination so that I would recruit more ranks of the curious to the volunteer squad who shows up at our big parties, but there is no need for that. The platoon of helpers that rallies behind the Dolphin cause is just as dynamic and romantic as Delacroix' *Liberty Leading the People*, with all walks of life represented, ready to take up a spatulas and ladles—as opposed to the depicted guns—in the name of entertainment triumph.

*So, here's an explanation.*

**Purple Rivers:** This last Pilot Appreciation Dinner (PAD from here on out) featured Turkish food. We created a stuffed eggplant dish, Imam biyalidi—the Imam fainted. Its name is attributed to several apocryphal stories, not the least favorite being that an Imam had fainted at the egregiously high price of olive oil necessary in massive quantities. Fortunately for our budget, we went to Restaurant Depot here in the City, where they sell things like cocktail-weiners by the drum, and bought a jacuzzi of olive oil. At the Depot, we also purchased 76 eggplants... seventy-six! All 76 needed to be sliced in half, salted and set to drain out their bitter juices. You know that big steel counter the Sanciminos use for crackin' congrejos during the Old Timers' Luncheon (OTL)? Well, we got all the baking racks from the oven, spread out the heavily salted aubergines, and waited. Within five minutes, there was a slight trickle of the juice murmuring from the counter. After twenty minutes time, the susurrus had turned into a purple roar of bitter eggplants streaming to marinate the deck-planks below—a purple river.

**Orange Mustache:** As everyone knows, the highlight of

## PRESIDENT'S REPORT



*Photo by Keith Howell*

*Ex-Entertainment Commissioner Tom Keller keeps his hand in*

BY TOM KELLER

the OTL is the crab. This last one was unprecedented, to my knowledge, as there was actually crab left over, or so I was told as I wasn't there, which was also unprecedented. I'd already handed over the Entertainment reins to Robin Rome and couldn't make it. At the heart of crab-cracking is the Sancimino clan, who are careful to reserve all the crab fat in a bowl in order to mix it with mayo for a rip-roarin' aioli. On one occasion, the Sanciminos had filled up one of our hubcap sized stainless steel bowls with the yellow-orange crab guts and Phil S. was carrying it back to the galley. I took a look inside. "What's that?" "Crab guts." "Woah, I'll give you five bucks if..." Before I could finish, he anticipated my bet and had taken a swig, the Philly Phlash was already re-coloring his mustache orange. "Aaahhh!" he exuded. "Gross," I thought, but I deem it prudent never to show my true emotions in front of someone carrying a bowl of crab guts.

**Green Carpets:** The entire reason why the galley works, maintains its luster, and runs so smoothly is that

besides every event for the last umpteen years is Mimi Osborne. The last chapter in the tome of her entertaining narrative involved cleaning the booze closet in the back of the pantry room. Most of the bottles in the locker have been resting on a layer of the most vile, fungal moss, looking like a beard that Methuselah would have grown had he spent his 900 some-odd years swimming in hyper-chlorinated pools. This green tapestry was layered on two different shelves, and Mimi got the steel wool and sand blaster and showed it no mercy. We are now pleasantly free from failing any CDC inspection.

**Ruddy Cocktails:** Last but not least is something which was served at my first PAD as Entertainment Commissioner. I asked several English Channel swimmers, including Phil Scarborough and Duke Dahlin, who had just completed the pilgrimage that summer, how to make a Channel punch. The primary ingredients were Kahlua, representing the oil that drove their pilot boat, and sugar representing the white sand from the cliffs of Dover. It was served again at our last PAD, as Mary Magoscy had the murky, yet bright idea of making a "bunker shot" with the same ingredients to drown our grief over the recent oil spill.

*Cheers and thanks for the memories!*





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& Boating Club  
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## 2008 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Tues, TBD	New Year's Day Alcatraz
Jan 20	Sun, 7:00 am	Midwinter Gashouse Cove
Jan 26	Sat, 5:00 pm	Kohlenberg Boatbuilding Feast
Feb 10	Sun, 9:00 am	Handicap Cove
Feb 17	Sun, 1:00 pm	Old Timer's Lunch
Mar 1	Sat, TBD	Gar Woods Polar Bear (Lake Tahoe)
Mar 8	Sat, 6:45 am	All Craft Relay
Mar 15	Sat, 9:30 am	Pier 41
Mar 21	Fri	Polar Bear Swim Ends
Mar 22	Sat, 10:00 am	W.O.W. and End Polar Bear Celebration
Apr 13	Sun, 8:30 am	Dick Beeler Crazy Cove
May 3	Sat, 8:00 am	Yacht Harbor
May 10	Sat, 7:30 am	Pier 39
Jun 1	Sun	100-Mile Swim Begins
Jun 1	Sun, 7:45 am	Crissy Field
Jun 8	Sun, 7:00 am	Bay Bridge
Jun 28	Sat, 5:30 pm	Over 45 Twilight Gashouse Cove
July 13	Sun, 9:00 am	Over 60 Cove
July 19	Sat, TBD	Trans Tahoe Relay
Aug 2	Sat, TBD	Santa Cruz One Mile
Aug 30	Sat, 8:30 am	Fort Point
Sep 6	Sat, 7:00 am	Bay Bridge Row
Sep 7	Sun, 7:45 am	Joe Bruno Golden Gate
Oct 4	Sat, 9:15 am	Escape from Alcatraz Triathlon
Oct 18	Sat, 8:30 am	Alcatraz
Oct 25	Sat, TBD	Dolphin/South End Triathlon
Oct 31	Fri	100-Mile Swim Ends
Nov 2	Sun, 7:30 am	Golden Gate Bridge Row
Nov 8	Sat, 4:30 pm	Pilot Appreciation Dinner
Nov 27	Thur, 8:30 am	Thanksgiving Day Cove
Nov 28	Fri	Grizzly Bear Challenge Begins
Dec 14	Sun, 9:00 am	New Year's Day Qualifier
Dec 14	Sun, 11:00 am	Holiday Brunch Party
Dec 21	Sun	Polar Bear Swim Begins
Dec 31	Wed	Grizzly Bear Challenge Ends

### ROWING TRAINING

On the these Saturdays or  
Sundays beginning at 9:00 am:  
January 19, Saturday  
February 23, Saturday  
March 23, Sunday  
April 19, Saturday  
May 24, Saturday  
June 21, Saturday  
July 19, Saturday  
August 23, Saturday  
September 20, Saturday  
October 25, Saturday  
November 22 Saturday  
December 13, Saturday

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
  2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
  3. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
  4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
  5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
  6. Swim sign-up sheets are posted two weeks prior to each swim.
  7. Time limits are imposed and enforced for all swims.
  8. All club boats are reserved for scheduled swims.
- Additional qualifications for Alcatraz and Golden Gate Swims*
9. In-town members must successfully complete three swims and pilot or help on at least two others.
  10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.

Alcatraz Island  
1.4 miles

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gashouse Cove  
1 mile

Aquatic Park Cove

Pier 41 1/2  
1.2 miles

Pier 39  
1.5 miles

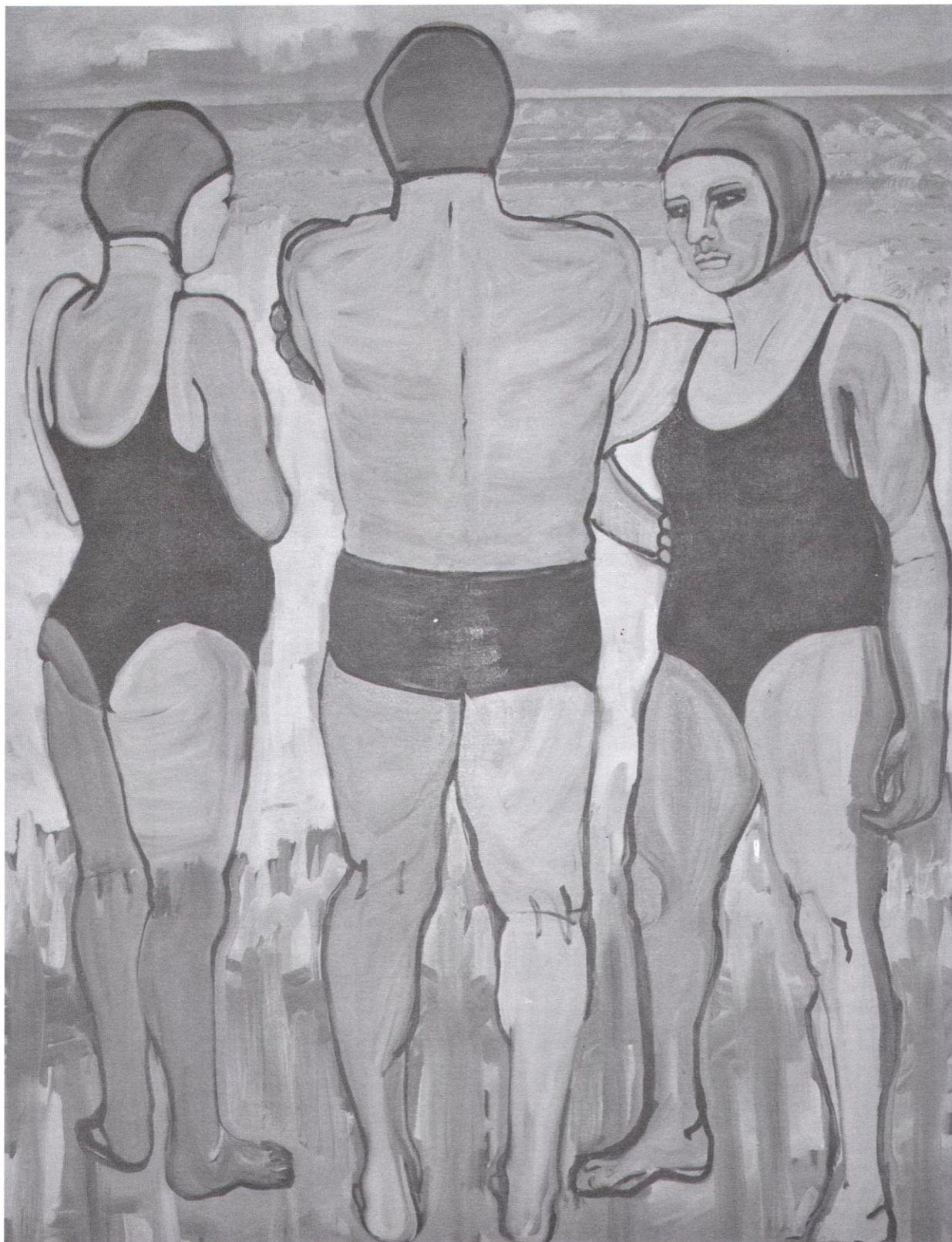
Pier 43  
1 mile



SUMMER 2008

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

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photographed by Marty Machado

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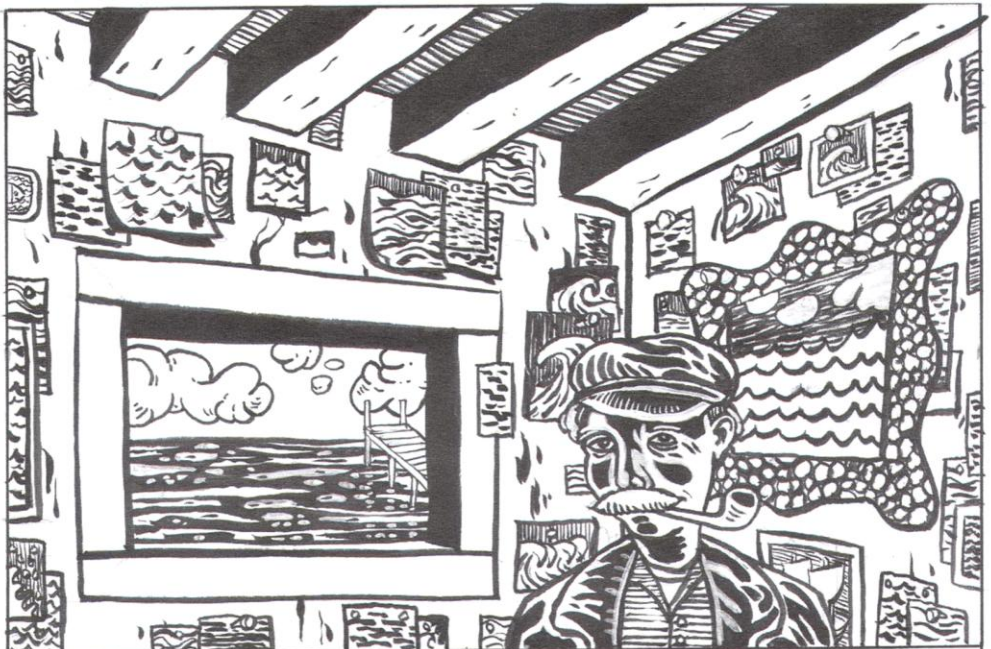
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This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

## **Pier Report**

North Coast Divers began the pier repairs on Tuesday July 15th. So far, they have encountered no unexpected problems and estimate that the project will take six weeks. After North Coast completes its work, another contractor will install new electrical lines and a third contractor will install the new hoist system. That work will take an additional two to three weeks. If all goes well, we will have an operational pier no later than October first.

A big thank you to all of the members who donated to the Building Fund to repair the pier. As of July 25th we have received almost \$93,000 since the letter was mailed in December. Thank you Dolphins!



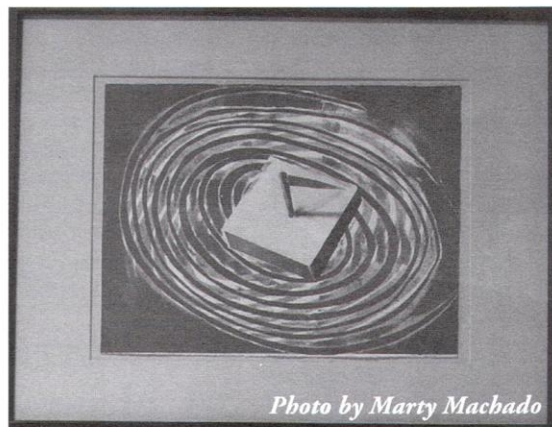
HENRY HARTER BEGAN COLLECTING PHOTOGRAPHS OF THE SEA AFTER BEING PLAGUED BY NIGHTMARES OF HIS BRIEF TRIP TO THE PLAINS. OH HOW HENRY HATED ALL THAT OPEN SPACE!





*Photo by Marty Machado*

Artist - Anne Sasaki



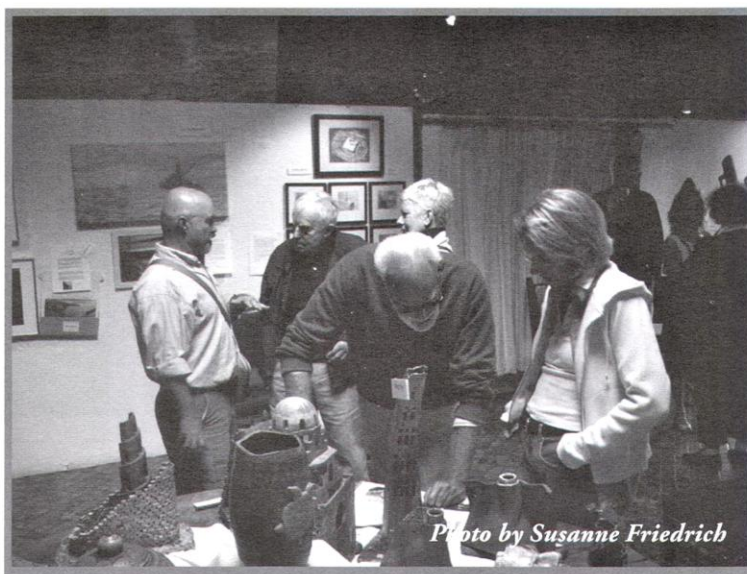
*Photo by Marty Machado*

Artist - Robin Rome

Sweetie's Café, the North Beach establishment of Flicka McGurkin, was the scene of a multi-pronged show of art created by Dolphins. The show ran from May 9 through May 24, including well-attended receptions on the 9th and 18th. Inspired by David Broadbear and implemented by John Perino, the exhibit featured oil paintings by McGurkin, Ivan Balarin, Anne Sasaki, Brian Herrick, and Ian McLean; ceramics by King Sip, Lorna Newlin, and Keith Howell; photographs by Perino, Susanne Friedrich, Susan Lauritzen, Sid Hollister, Suzie Dods, Anne Hamersky, and Colin Gift; sculpture by Noel Turner, Adam Goldberg, and Jack Kamesar; woodcuts by Joe Illick; drawings by Broadbear and Kent Myers; monotypes by Robin Rome; rubbings by Susan Allen; ink and water color renderings by Emily Shepard. Some of this work can be seen at [www.dolphin-art.com](http://www.dolphin-art.com).

Surely the largest piece in the show was Friedrich's breathtaking 6' x 1' panoramic photo taken atop Mt. Tam, the smallest probably being Illick's 6" x 8" woodcut of Phil Kohlenberg in a rowboat (available for \$75, all proceeds going to Phil's boat fund), although the minute work in Sip's sculptured ceramic edifices and the delicate creations on Newlin's fish platters would also qualify. Lauritzen climbed highest—the south tower of the Golden Gate Bridge—to accomplish her task, while Allen's tracings of manhole covers represent the other extreme. Sasaki's paintings may have been the most colorful of the show's entrant's, though this may be a subjective judgment; there is no doubt that Kamesar's sculpture was the heaviest.

## Dolphin Artists Show - Sweetie's Café



*Photo by Susanne Friedrich*

King Sip's ceramics under scrutiny

The Dolphin Club and its watery environs were caught by Colin's canny camera, not to mention the bathers in McGurkin's paintings, the rower in Myers' drawing, or the Flag in Rome's monotypes.



**N**ormally, ideas take a while to gestate. You start with a little glimmer, and that expands into an inkling, and then, little by little, it starts growing until you got yourself an idea. Not this one. This idea was born full-grown - live and kickin'.

I was watching an episode of Huell Howser's *California's Gold*, the subject being "Alcatraz Island." It was pretty standard fare until, hiding just behind the credits, there he was - Jack LaLanne, in the water, hands held proudly in the air, Alcatraz gleaming in the background...and he was wearing handcuffs!

"I could do that." That was my first thought. I'm not a fast swimmer, but I'm pretty strong. I'm persistent as hell. I can handle the cold. I'd have to train long and hard, but, I could do that...as long as I didn't have to think about it too much...but first I'd have to do my homework.

Pretty much anyone my age or older is familiar with Jack LaLanne. He was the guy with the early morning exercise show...with the dog...and the chair...and the ballet slippers...and the weird pre-Star-Trekkian uniforms. Yeah, the guy with the biceps. To anyone younger, he's the guy on TV hawking the juicers. There it is folks, the generation gap in a nutshell.

To Dolphin Club members, he's the guy in the picture on the wall and the plaque in the weight room. One old timer told me, "Yeah, Jack used to work out in the weight room. He'd tell everybody how to position themselves, how to hold the weights. He was kind of a pain in the ass. I mean...he was right, but nobody wants to hear that shit!"

"So how did Jack train?" I asked. He just smiled and said, "Jack could do a thousand pushups." "Well", I thought, "I'll just have to come up with my own training method." But first, a background check. Hel-lo Wikipedia! Thank God for the internet. What an eye-opener. Jack was a whole lot more than I ever remembered. He pioneered the concept of physical fitness for the masses. He opened the first public gyms, and the first coed gyms. He promoted weight-training for women (imagine that!), and invented half of the equipment still in use today. When America's diet consisted of TV dinners, cheese casseroles and jello-molds, Jack stood alone extolling the virtues of fresh fruits and vegetables.

But that wasn't what really impressed me. What impressed me was that Jack actually lived the part. Jack talked the talk and walked the walk for over 75 years. At 93, he still follows his routine of exercise and weight-training.

When I invited him to this tribute swim, he thanked me and wished me luck. Unfortunately, he had a previous engagement, so he wouldn't be able to make it. Hey, kudos to anyone who has previous engagements at 93! So what if he does hustle juicers and exercise equipment for a living? Old Bill Shakespeare and his fellow actors used to sell rotten fruit and vegetables to the audience...to be used as projectiles...at their own performances fergoodnessake!

So...how does one prepare for a stunt like this? I couldn't very well turn to Jack LaLanne for advice. He's a former Mr. America and a legend in the fitness community. It would be a little like asking Lance Armstrong over to help

me teach my granddaughter to ride her bike. I would later regret this decision. No doubt he could have saved me a lot of headaches.

I stumbled on in my own way. I set for myself what I thought were reasonable goals. I wanted to complete the swim within six months - not because I had any fear of over-training (God forbid!), but rather because I wanted to limit my chances of injuring myself. In addition, I thought June/July would afford me the best possible swimming conditions. I was going to take advantage of anything that worked in my favor.

My long-term goal was obvious, but I would need to gauge when I was ready. Two coves seemed reasonable. I figured that if I could complete two coves, in cuffs, I would be ready. At this point, time wasn't even a consideration.

My training regimen? Obviously, I've trained for swims before, but this was a little different. First and foremost,

I decided to spend as much time in the water as possible. I had no idea at this point how long the swim would take, and I didn't want the cold to become an issue.

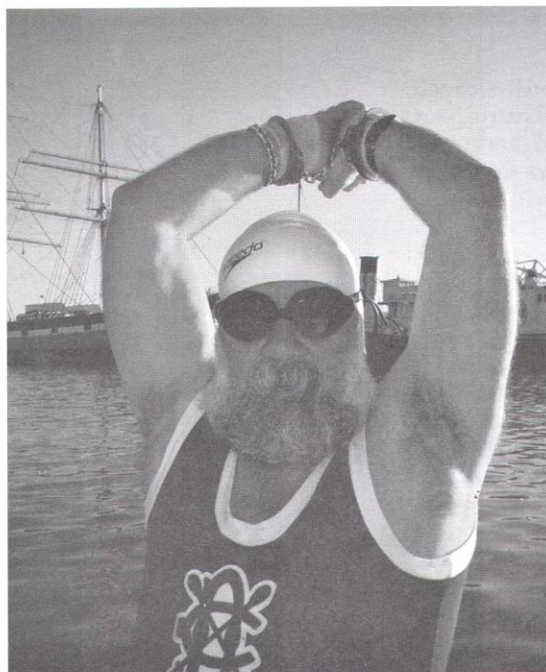
Secondly, I committed myself to swim only "the stroke", which consisted of something of a modified breast stroke, coupled with a "frog-kick". Now, Jack LaLanne swam with a dolphin-kick. (Yeah. I tried that once. Good for you, Jack. Another not-so-gentle reminder that I'm no Jack LaLanne.) "The stroke" turned out to be quite challenging, as it was maddeningly slow.

And finally, I made the change in my training approach that I truly believe made this swim possible. When training for past swims, my schedule was laid out fairly simply.

## Alcatraz the Hard Way A Homage to Jack LaLanne

BY VIC PIZARRO

*Photos of Vic by Muriel Fitzgibbons*



*Vic Pizzaro celebrates his difficult "Escape".*



"Today, I will swim half a cove. Next week, I will increase it to three-quarters of the cove. The following week, with luck, I'll be up to a full cove..." You get the idea. It's simple. It's easy to remember, and you can measure your progress. This time, since I was throwing common sense to the wind anyway, I would try something different. Each morning, I would arrive earlier, enter the water, and swim as far as I could. To hell with my watch. To hell with the showers. To hell with being late for work – and to hell with a "course". "Let's have fun with this!" I told myself. "Let's see what happens!"

In the long run, I found that I was capable of a whole lot more than I expected.

I had chosen to train for four months without cuffs, just to build up my endurance. If all went well, then I'd give the cuffs a try. I'm sure I could have made my life a whole lot easier switching to the crawl, but I didn't, because the whole point was to train using the same stroke I would need using cuffs.

I didn't put on a pair of cuffs until two months before the swim. That proved to have been a major mistake. I had bought myself a pair of standard police-issue Peerless handcuffs (nothing but the best for me!). I was ready. I couldn't wait to hit the water.

Right off the bat I knew something was wrong. The cuffs slipped on easily enough, but my hands were held in a position that, while perfect for an altar-boy, was impossible for swimming. I quickly learned (almost drowning in the process), that one cannot swim by "karate-chopping" the water. I would find out, after considerable research, that in them olden-days, handcuffs were essentially round, allowing the wrists to rotate so that one's palm could face downward. Like everything else, restraints have evolved to allow law enforcement more control.

A friend of mine, who also happens to be a member of the SFPD, provided the solution. "Just use leg cuffs. They're heavier, but they're the shape you're looking for," he said. He was right. Problem solved.

Set-backs come in unexpected ways. I fully expected shoulder problems. Mmmm, not so much – but my wrists were soon bruised and raw from the cuffs. Tennis sweat bands solved that problem. Likewise, I expected lower back issues. Wrong again. But my neck muscles were as sore as #&%, 'til I learned to relax. My knees started to feel pain, no doubt from the "snap" of the frog-kick. There was no solution to that (short of being 25 years younger), but it

definitely would have been an issue if I had continued my training much longer.

At the same time, however, I was getting stronger. By May 1st, I had completed two coves and on a good day, I was out of the water in an hour and 7 minutes. On mornings when the conditions were particularly rough, I aimed right for the thick of it. I knew I wouldn't be able to predict what I would be facing on the day of the swim. And that day was just around the corner.

Virtually every day, for two moths, I stepped out of the water sporting rusty handcuffs. And that meant that virtually every day there was yet another opportunity to

explain (and in some cases, justify) what I was doing out there.

Occasionally, I was met with the obvious rolling eyes. Sometimes, I was met with disbelief. But more often than not, I was given support. As a matter of fact, I'm not sure I would have pressed forward if it hadn't been for Brian Herrick's enthusiastic first reaction (Thanks Brian!).

One morning, I stumbled out of the water to face two French tourists with incredulous looks on their faces. I started to explain, then caught myself. It was like being caught in an evening gown and high heels. Nothing I said would wipe that look from their faces. You know what I mean? I left it to another Dolphin Club member, hopefully with a better grasp of French than I, to explain.

One memorable morning, I spent 20 solid minutes hardly moving, fighting the current at the goalposts. Another

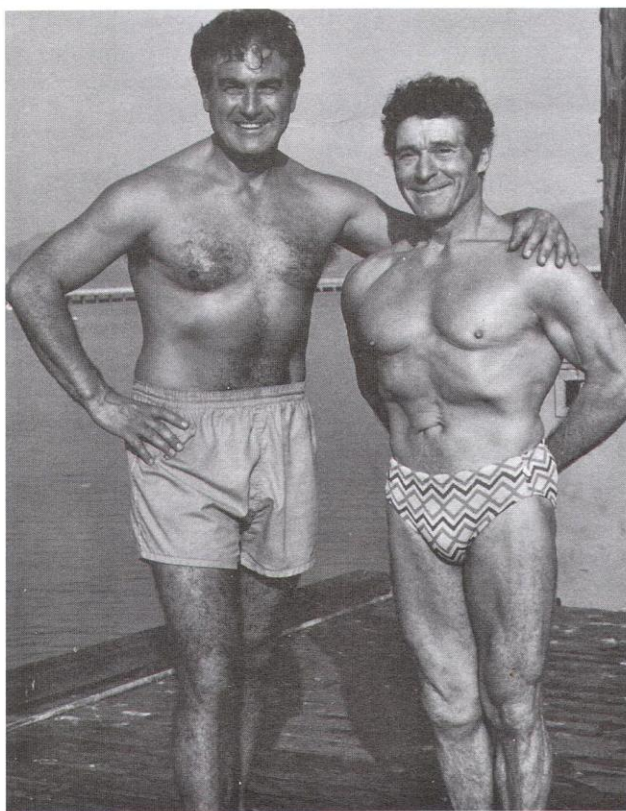
time, a seal "befriended" me...again...and again...

Ultimately, we exchanged numbers. We still stay in touch.

Finally, my big day arrived. If ever a morning held the promise of a perfect day, this was it. As a matter of fact, I'm not altogether certain that everyone who ended up out on the water with me had planned it that way. It was just irresistible.

Stepping out on the pier at 5:30 a.m., my destination, courage a world of good. It looked like the weather would remain postcard-perfect and the tides at rest for at least as long as it would take me to complete the swim.

I slipped into a turn-of-the-century men's bathing suit my son-in-law had ordered for (with the Dolphin Club logo now sewn onto the front). I must admit that I was a tad concerned when I'd first tried it on. There was enough



*Vic's exploit was, in part, homage to Jack LaLanne who first completed the same feat 53 years ago when Alcatraz was still a prison. Seen here with Club member Jimmy Vanya (left). (circa 1974)*





*To complete the swim, Vic pulls John Ottersberg to shore.*

loose fabric that I thought that I might end up dragging a deflated Zeppelin. As it turned out, the water flowed right through the suit. Thankfully, it wasn't wool like the originals (Grrrrr, makes me itch just to think about it).

The flotilla set out about 6:00 a.m. after Brian had given us all our instructions. Around 6:30, a Marin County Deputy Sheriff (my daughter's mother-in-law, no less), snap on the cuffs, just to keep it "official" (I did remind her that the cuffs were to be locked in the front). I gave my granddaughter a kiss, and my wife, Fitz, another and headed for the Avon. Brian and Tom were gracious enough to take Fitz along (and she was smart enough to wear a "patch", being prone to sea-sickness).

Tom would slow down on occasion to check the currents, which gave Brian and Fitz more than enough opportunity to take a few snapshots. The view was breathtaking...I'm told. My head was elsewhere, I'm afraid.

The Avon pulled alongside the island, close enough for me to stand with Alcatraz in the background. I'm a Bay Area native, and yet this was the first time I had ever set foot on the Rock.

The cliffs were imposing and the City seemed miles away. I can understand why escape attempts were few and far between.

After a few quick poses for the camera, I set out for "home". Despite Tom's very specific directions, it took a few minutes to get my bearings. The flotilla had grown. There were now over 20 water-craft out there, from kayaks, to rowboats, to surfboards. No doubt this was the highest pilot-to-swimmer ratio ever for a Dolphin Club swim. It was a bit disconcerting, being the center of attention. In every previous swim, I was toward the rear of the pack. That day, I was the pack. I'd never really considered the possibility of failure. Now, it would simply be too humiliating. With so many witnesses, failure was no longer an option.

Boats continually crossed back and forth, taking pictures. There was quite the party atmosphere. Thankfully, Tom and Brian made certain everyone was kept at a safe distance. I really never felt a minute's concern, but I did feel like I should "do" something to show everyone how much I appreciated their support, I would stop on occasion and raise my cuffed hands in the air, but there's only so much one can "do" in shackles.

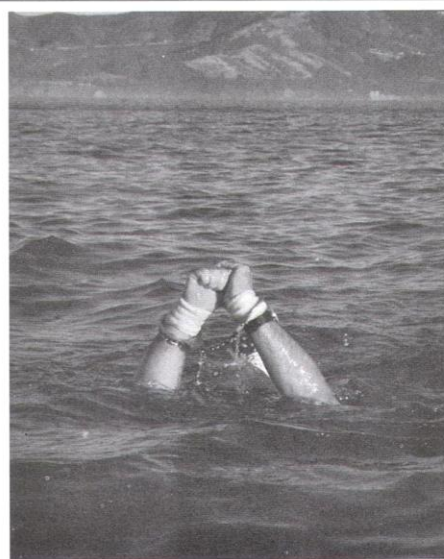
I purposely avoided looking at my watch. This was not a race against time (I would later hear that Jack completed his swim in about 30 minutes. I completed mine in only twice his time!) I felt strong, holding back just a little, in case I had to give a "push" at the end. I was right, as it turned out. I needed a slight burst of speed to pass safely into the cove.

When I set out for the island, there were perhaps a dozen folks at the club, so I was not at all prepared for the reception. From my perspective, the Dolphin and South End piers appeared to be packed with spectators. There were even folks in the windows and on the balconies. Members from both clubs had swum out to greet me. Even from where I was, the cheers were audible. I felt confident, and let's face it, this was "showbiz," so I asked John Ottersberg to toss me a rope. I towed his boat in the last few yards with my teeth I hoped this wouldn't result in a day in the dentist's chair. I'd have a tough time explaining that juvenile gesture.

The energy of the crowd propelled me forward. I stepped out of the water feeling a surge of relief and then I reminded myself why I was there in the first place. I raised my hands high, cuffs intact (if a bit rusty) and yelled out "Here's to you, Jack!" Because, that's after all, what it was all about.

So, what did I gain from this experience? Well, I hope I tipped my hat to Jack LaLanne, a truly "bigger-than-life" San Franciscan. For God's sake, he's 93. It's time to give credit where credit is due. C'mon Mayor Newsom - how about a statue? Wouldn't Jack make a great statue?

What else? Well, even with the ever-so-slight graying of the beard, I still haven't reached my potential. I've certainly learned to appreciate the club and especially the pilots a whole lot more - and my wife too, come to think of it. Oh, and one more thing - I've gained a title. I'm now officially the "other guy who swam from Alcatraz in cuffs". At least until some seven-year-old decides to challenge me....



*An unusual stroke*



Last May my cousin Tom Coyne invited me to the Dolphin Club to see if I might like to try swimming for exercise. I was out of shape and over weight (255 lbs) for a 5'10" 58 year old male. I had let my health go down hill for about ten years and my eating habits were not good. My exercise routine consisted of short walks in the neighborhood. When the walks finished the discomfort I felt in my feet was almost unbearable. Most of the time I was out of breath.

So I visited the Club and ventured out to the beach. The water was cold (probably 57 degrees), uncomfortable, and unpleasant. My feet, legs and hands felt like they were being attacked with pins and needles. I had jumped in the ocean at Half Moon Bay and Stinson Beach over the years and I figured if I stayed in the water for a while I would numb up and be okay. I swam out just past the pier, but the pins and needle effect didn't go away. I headed as fast as I could for a hot shower and sauna, convinced that swimming in cold water was not going to be the solution for getting back in shape.

Yet it was. Several weeks later I decided to join the club after all. I am not sure what motivated me. After all, swimming takes time and physical commitments and in my physical shape this was going to be a major commitment. Maybe the people I had met, dedicated to such an unusual choice of exercise had some influence.

When I visited the scale after the first week, I saw I was already three pounds lighter and another three pounds lighter the next week. This encouraged me to take up better eating habits. I had been eating out twice a day for years with no time for breakfast. The weight loss accelerated.

When the oil spill last November closed the beach, I wanted to keep up an exercise routine so I began using the rowing machine ten minutes a day, increasing it each week. I took a peek in the weight room and decided to start doing some light lifting and stretching exercises. I set a goal of two days a week of weight lifting, two days on the rowing machine, and one day of walking, plus

swimming every day after the beach reopened. I took an "easy does it" approach.

My first month was a shock. My stamina was at zero, trying to breathe while getting slapped in the face by choppy water was not fun, the currents and wind and weather were constant obstacles. Why am I doing this? Aches and pains in parts of my body I didn't know I had were manifest each day. Still, I had made the commitment to swim Monday through Friday, each week swimming to the next buoy. I swam crawl, side stoke, back stroke, breast stroke, anything to just keep afloat. But after several weeks of getting acclimated

I looked forward to swimming no matter what the temperature or conditions. After a month I reached the flag. I basked in the accomplishment—until I realized I also had to swim back.

I have had several encounters with sea creatures during this past year besides those with orange caps and goggles. I nearly jumped clear of the water when a seal introduced himself and had to hightail it for the beach. On another occasion I slapped a large jelly fish a high five.

By the time I went for a routine check up in October, I had lost 30 pounds. A few weeks later I received a letter from my doctor asking for an urgent appointment and wanting to know about my dramatic weight loss. I described the change in my habits; he was very relieved. By then I'd lost another ten pounds. I also noticed that the pain in

my feet had disappeared.

Yet, the benefits of becoming a Dolphin Club member has been more than just a great way to lose weight and get back in shape. The wisdom I have gain in the locker room and sauna is priceless beyond words. "Don't look a seal in the eyes."

It has now been a year since I joined, and I have lost over 65 pounds. I now swim two flags five days a week. As a kid I never liked being called skinny, but today, it doesn't sound so bad.

## The Fastest Loser

BY BRIAN KIERNAN



*Rapid weight loss champion Brian Kiernan surrounded by a bevy of his admiring school of mermaids. From left to right: Katie Patterson, Kate Ames, Carrie Mallen, Mary Sue Coyne.*



# MILES

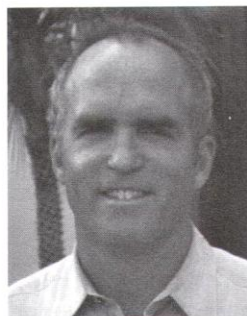
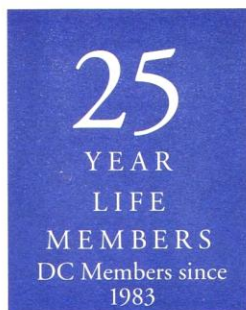


Bob Cervarich  
June 1958



Bill Pfrter  
July 1958

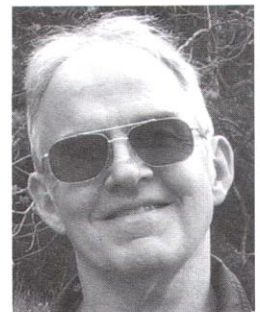
## 50 Year Members *"Golden Dolphins"*



Tom Anderson



Anne Baxter



John Blankenship



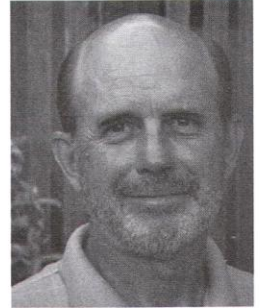
Susan Lauritzen



Sandra Lehmkuhl



Alan Liss

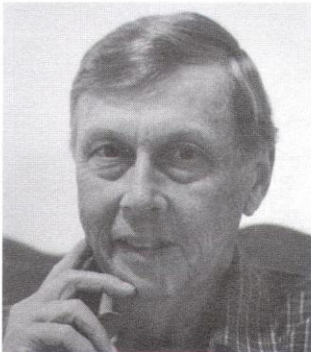


William McKown



# T O N E S

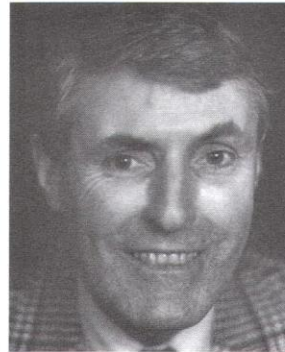
## Deceased



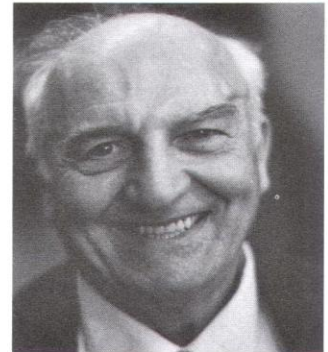
Joe Abbott  
July 1967



Marcia Grimm  
April 1985



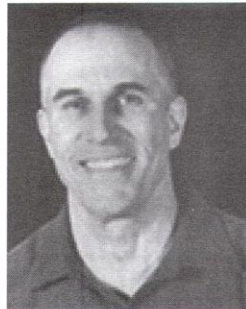
Don Kiernan  
February 1967



Paul Melee  
August 1954



Dahlia Kamesar



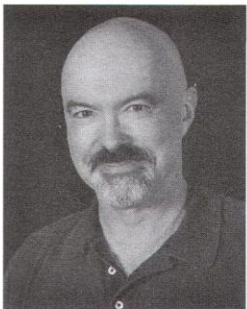
Jeff Ranta



Meg Reilly



Mary Sancimino



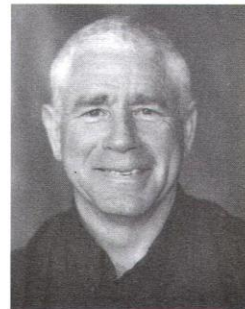
Elmer Tosta



Margy Titus



Anthony Treacy



Peter van der Steere

*Not pictured:  
Jack Aguirre  
Nick De May  
Bill Fink  
Patricia Mullen  
Diane Schatz  
Suzie Royce Silk*

*DC photos by  
John Perino*



**A**s boat captain, I have observed a repetition of some boat repairs, one in particular, which could be eliminated if proper boating technique was followed. It is my hope that this article will provide you with some basic rowing information which will help you improve your stroke and ultimately prevent needless damage to the fleet.

The damage that I refer to is cuts into the protective sheaths on the oar shaft called oar sleeves. The sleeves extend before and aft of the button and are meant to preserve the wooden shaft of the oar. The damage is caused when the rower lifts the oar handle higher than necessary during the drive, thus causing the blade to "dive" and the button to lose contact with the oarlock. The oar sleeve then takes on the load of moving the boat, as opposed to the button, and the pressure on the oarlock cuts into the sleeve and oar.

There are four components to the stroke: Catch, Drive, Release, Recovery. I will describe optimal rowing technique to achieve an efficient stroke that ultimately makes you a better rower and preserves our fleet.

## PROPER ROWING TECHNIQUE

### *Catch*

The "Catch" is the point in the stroke when the sculler's blades enter the water. The blades enter at the rower's maximum reach. There should be NO body lift to put the blades into the water. Only the hands should lift the oar handle to enter the blade into the water. The blade should be submerged to the top. Ultimately it is only the blue portion of our Club blades that should be buried in the water, not the oar shaft.

- Arms extended and relaxed
- Body leans forward from the hips aka compression
- Shins almost vertical
- Sit tall
- Drop square blades into the water
- Only the blades are buried. A deeper blade does not move the boat faster, in fact it increases the load and makes you move slower.

A simple exercise you can do to see the buried blade at its optimal depth is to sit at half slide and let the oars sit in the oarlock squared. Use your hands to gently hold the oars together. They will sit at exactly the optimal height to pull them through the water. Check this height before you begin rowing and use it as a guide for the height of your hands at the Catch and through the Drive to the Release.

### *Drive*

The Drive utilizes the force and power from the legs, back and arms to propel the blades through the water. All movement of the legs, arms and back is completed simultaneously at the end of the Drive.

- After the blade enters the water, body weight is transmitted to the feet for push off using the force of the legs
- Oar handles should start and finish at the same height through the Drive from Catch to Release
- Apply pressure to the oars with the thumbs so the buttons remain pressed against the oarlocks
- The back does not open up until the legs are half way through the drive
- Engage shoulders, back and core and move the hands toward the body to finish the stroke and begin the Release.

### *Release*

The release signals the end of the "work" portion of the stroke.

- Hands finish the stroke at the same height as they began in the Catch position
- Your body finishes in the tall position, approximately ten degrees past vertical
- Continue to apply pressure on the oar handles so the buttons remain against the oarlocks
- Blades exit the water and feather as you begin the Recovery up the slide

### *Recovery*

Use this portion of the stroke to "recover from your work." It is important to stay focused on your form throughout the Recovery and to take care not to "rush the slide." Keep an even ratio between Drive and Recovery. For example try a four count on the Drive as your blades move through the water and a four count on the Recovery as you come up the slide.

- Hands move away from the body leading the upper body forward, swinging from the hips.
- As hands move past the knees, bend the legs to head up the slide toward the Catch.
- Do not rush the slide! Feel the boat run underneath you and relish your "work" from the Drive.

Adapted from US Rowing Coaching Education 20 Series.

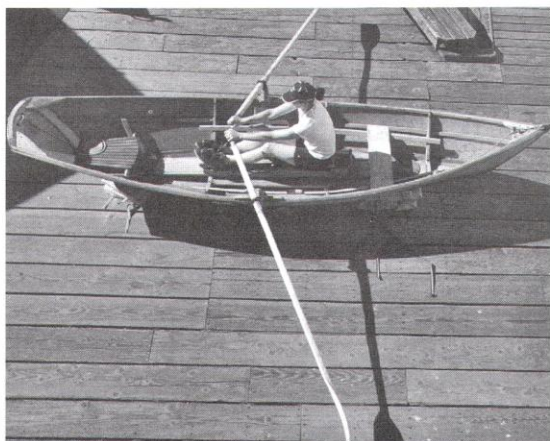
See you on the water,

*Racheal Perry*

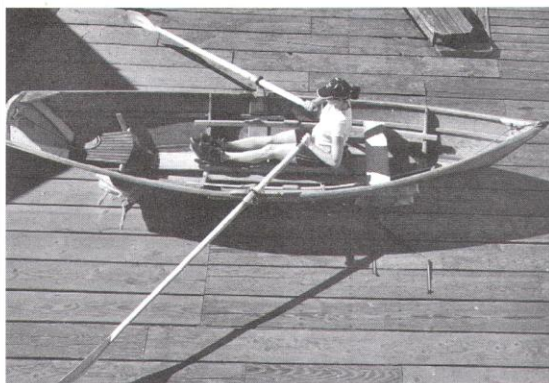




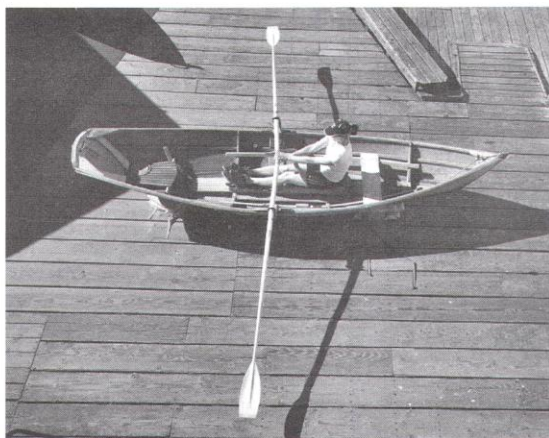
*The Catch*



*The Drive*



*The Release*



*The Recovery*

## ROW RESULTS

Well done to the Dolphin Rowers who have competed on the sprint and open water rowing circuit this spring. Below are some of the results:

### **Norm Peterson Regatta, South End Rowing Club** Bay Bridge Tower Course 5 Nautical Miles

#### Single Maas Boats

Racheal Perry Maas 24 1st Women's 24 46:54:00  
Peter Brand Maas 24 51:11:00  
Charlie McIntyre Maas 24 52:04:00  
Gary Ersham Maas 21 56:44:00

#### Double Maas Boats

J. Abrams / Marcus Maas 29 Mx Double 42:22:00  
K. Pross / R. de Cossio Maas 31 1st W. Double 45:21:00

#### Barge Race

Dolphin Club 56:32:00  
Wieland Cox: Gretchen Coffman, Crew: Margaret Keenan, John Ottersberg, Elaine Buckholtz, Katie Cronin, Athena Kyle, Ian MacLean  
South End Club 58:19:00 Cox: Birthday boy (83) Norm Petersen

#### Wooden Single Boats

Marty Machado Heavy 1:11:15

#### Wooden Double

E. Roth / G. Mays Viking Mx Dbl 1:00:25  
J. Blackmon / J. Meyer Heavy Men Dbl 1:14:27

### **Lake Merritt Sprints** (flatwater laned races 1000 Meters) June 15th, Oakland

1x Men's Open: Peter Hein 4:04:10 1st place  
1x Mens F Class: Peter Brand 4:44:02 4th place  
1x Mens C Class: Joe Abrams 3:57:50 1st place  
1x Mens D Class: Charlie McIntyre 4:18:36 4th place  
2x Mens A-C: Joe Abrams and partner 3:51:30 1st place  
4x Mens A-C: Joe Abrams and company 3:21:20 1st place  
1x Women A-C: Racheal Perry 4:29:55 3rd place  
2x Women A-C: Racheal Perry & Abigail Smyth (NWRC) 4:01:15 2nd place  
4x Women A-D: Racheal Perry, Abigail Smyth, Diane Davis (SERC), Kathryn Furano (SERC) 3:40:90 1st place

### **NorthWest Masters Regional Sprints**

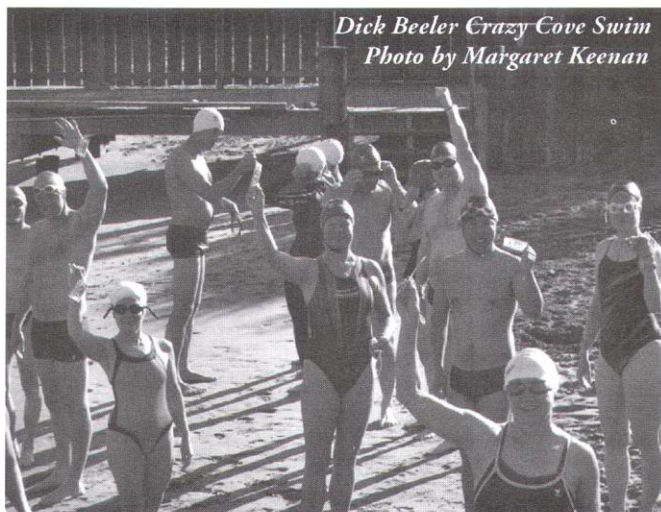
June 21, Vancouver WA  
1x Men: Peter Hein 3:58:29 4th Place  
1x Women Lightweight: Renee DeCossio 4:20:47 2nd Place

### **Rowing at Altitude**

June 21, Lake Tahoe  
Long Course 8.75 Nautical Miles  
1x Women Maas 24: Racheal Perry 1:23:43 1st place  
1x Men Maas 24: Charlie McIntyre 1:23:42 4th place  
Short Course 3.25 Nautical Miles  
1x Women Flyweight: Dolores Meehan 39:32 1st place  
1x Women Aero: Gretchen Coffman 41:17 1st place



## DOLPHIN LOG SWIM STATISTICS



*Dick Beeler Crazy Cove Swim  
Photo by Margaret Keenan*

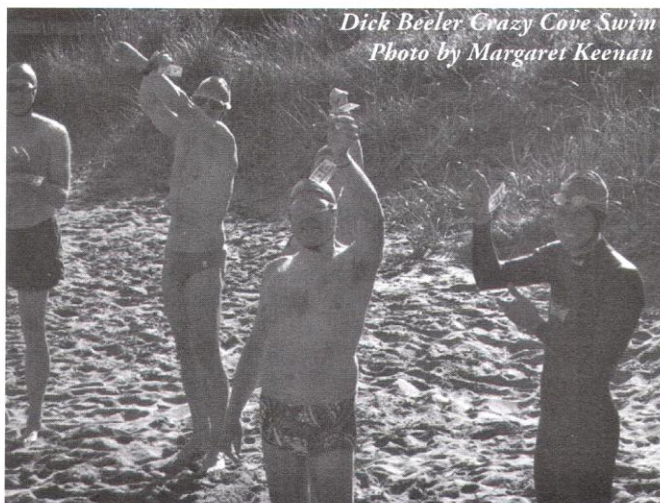
### Dick Beeler Crazy Cove Swim

Sunday April 13, 2008

8:45 a.m. jump, a beautiful sunny morning,  
water approximately 53°F

Twenty-nine swimmers were semi-randomly divided into ten teams of three (yes, 29 is divisible by 3). Everyone started the race at the same time. One member of each team (swimmer C) had to swim to the 'Far Boat' (by the Repair), then to the Opening, then to the beach (by the Flag) before heading back to the Club. A second team member (swimmer B) had to swim to the Goal Posts, while the third person in each team (swimmer A) swam to the Flag. Each team member started the race carrying a piece of laminated toy money. Swimmer A had to pass his/her money to swimmer B after they both reached their initial objectives (i.e., the Flag and the Goal Posts); swimmer B then had to give both pieces of money to swimmer C (somewhere between the Opening and the Beach). Swimmers A and B could return to the Club as soon as they gave away their money. Swimmer C was only free to return to the Club after exchanging all of the money for a plastic coin provided by Steve Lathram (the Taxman) on the beach.

A rather lame attempt, perhaps, to do justice to the theme of Taxation (April 15th being just around the corner) but we



*Dick Beeler Crazy Cove Swim  
Photo by Margaret Keenan*

had fun nonetheless. Two wrinkles emerged as the race progressed. One was that running up the beach, rather than swimming, was a permissible means for speeding back to the Club on the last leg (kudos to John Street for being the first to embrace this and thereby catapult his team into first place). The second wrinkle was, of course, that it was the Crazy Cove (duh) and finishing with a fast time was in fact a disadvantage: congratulations to Keith Gray's team for capitalizing on this and winning the big enchilada! Thanks to everyone for a fun and memorable morning!

HELPERS: Lindsay Casablanca, Pam Derks, Cory Ferrara, Jim Ferrara, Brian Herrick, Mary Lou Hirschfeld, Nigel Killeen, Steve Lathram, Bob Lowney, Loretta Madden, Pat McGarvey, John Ottersberg, Liz Van Houten, Janice Wood.

1. Keith Gray, Sue Garfield, John Frederick
2. Joanne Desmond, Arnie Oji, Susan Cobb-Frederick
3. John Stassen, Terry Horn, Madhuri Yechuri
4. John Ottersberg, Anne Sasaki, Katie Standke
5. Suzie Dods, Joe Illick, Larry Scroggins
6. Brian Fitzgibbons, Mary Lou Hirschfeld, Anthony Sandberg
7. Nancy Cutler, Krist Jake, Martin Sunberg
8. Nigel Killeen, Era Osibe
9. Scott Haskins, Robin Rome, Mickey Lavelle
10. John Street, John Racanelli, Jackie Merovich

### Pier 39 Swim

Saturday May 10, 2008

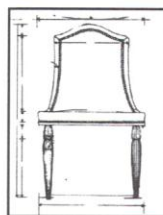
7:30 a.m. jump, calm water,  
approximately 54°F,  
moderate ebb.

Congratulations to John Ottersberg on a fine swim and a fast winning time of 22:31. PILOTS: Susan Allen, Ray Artigues, Marcus Auerbuch, Barbara Byrnes, Barry Christian, Ken Coren, Ed de Cossio, Mag Donaldson, Joe Ferrero, Ken Frank, Don Harrison, Reuben Hechanova, Brian Herrick, Mary Lou Hirschfeld, Steve Lathram, Ian MacLean, Tom Vaughan.

HELPERS: Paul Davies, Cory Ferrara, John Frederick, Sue Garfield, Brian Herrick, Greg Hicks, Nigel Killeen, Jennifer Lamers, Lolly Lewis, Bob Lowney, Loretta Madden, Sarah McCuskey, Pat McGarvey, Jackie Merovich, Naphtali Offen, Sue Potter, Neal Powers, Daragh Powers, Anne Sasaki, Carrie Sloan, Liz Van Houten, Mary Webster.

1	John Ottersberg (10)	22:31
2	Laura Zovickian (9)	23:21
3	Nigel Killeen (8)	23:44
4	Jon Ennis (7)	24:37
5	Chris Wagner (6)	24:46
6	Mickey Lavelle (5)	25:06
7	John Street (4)	25:58
8	Anders Knox (3)	26:06
9	Paul Davies (2)	26:09
10	Arnie Oji (1)	27:12
11	Nancy Cutler	28:14
12	Gina Rus	28:57
13	Neal Powers	28:59
14	Doug Wertheimer	29:38
15	Joanne Desmond	30:07
16	Nobu Takahashi	30:15
17	Andy Stone	30:36
18	Alex Buehlmann	32:04
19	Rick David	32:08
20	Rick Avery	32:12
21	Joe Illick	32:40
22	Naphtali Offen	32:44
23	Dean Badessa	32:51
24	John Hornor	33:05
25	Nancy Hornor	33:36
26	Peter Neubauer	34:29
27	Greg Hicks	34:36
28	Jamie Robinson	34:50
29	Anne Sasaki	35:10
30	Susan Cobb-Frederick	35:22
31	Les DeWitt	35:53
32	Lorna Newlin	36:54
33	Kent Myers	37:39
34	Michael Weiner	38:35
35	David McGrane	49:10
36	Sarah McCuskey	51:03
37	Will Powning	51:24

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## DOLPHIN LOG SWIM STATISTICS

### Crissy Field Swim

Sunday June 1, 2008

7:45 a.m. jump. In typically impressive fashion, Brian Herrick put together a logistical masterpiece in organizing this swim. The race began from a boat instead of the beach at Crissy Field, and we had the pleasure of joining the South End Club swimmers and their pilots as we all swam home together. The conditions were once again perfect: calm warmish water, a sunny windless morning, and a terrific flood tide behind us. Congratulations to Suzanne Heim-Bowen for being the first swimmer back to the Club. Many thanks to Dave Sanchez, the pilot of "Happy Days" for taking us out to the start, and to the South End Club for their help in organizing and piloting the swim.

**PILOTS:** Ray Artigues, Marcus Auerbuch, Peter Bianucci, Jon Bielinski, John Blackman, Ken Coren, Ed de Cossio, Don Harrison, Reuben Hechanova, Brian Herrick, Margaret Keenan, Ian MacLean, Mary Magocsy, Will Powning, John Robioli, Neal Snyderman.

**HELPERS:** Laura Atkins, Paul Davies, Les Dewitt, Cory Ferrara, Jim Ferrara, Brian Fitzgibbons, John Frederick, Sue Garfield, Keith Gray, Rey Hassan, Suzanne Heim-Bowen, Larry Heine, Brian Herrick, Greg Hicks, Nancy Hornor, Tom Keller, Nigel Killeen, Bob Lowney, Loretta Madden, Pat McGarvey, Jackie Merovich, Jon Meyer, Pete Neubauer, Naphtali Offen, Sue Potter, Daragh Powers, Neal Powers, Robin Rome, Debbie Rose, Dave Sanchez, Nobu Takahashi, Liz Van Houten.

1. Suzanne Heim-Bowen (10)	45:02	21. Beth Stein	64:00
2. Chris Wagner (9)	46:51	22. Ted Tilles	64:06
3. John Renko (8)	49:20	23. Les DeWitt	64:15
4. Nigel Killeen (7)	49:28	24. Peter Molnar	64:42
5. Amber Rhett (6)	52:02	25. Lolly Lewis	64:56
6. Duke Dahlin (5)	53:06	26. Laura Merkl	65:13
7. Paul Davies (4)	53:52	27. Mark Bason-Mitchell	66:17
8. John Street (3)	54:17	28. Dean Badessa	67:07
9. Mickey Lavelle (2)	56:13	29. Alex Buehlman	67:59
10. Arnie Oji (1)	57:05	30. John Hornor	69:36
11. Brad Marks	58:26	31. Holger Adami	70:04
12. Rebecca Tilley	59:04	32. Naphtali Offen	70:05
13. Daniel Madero	60:17	33. Jim Frew	70:22
14. Neal Powers	60:31	34. Jay Adams	70:52
15. Joe Omran	60:40	35. Greg Hicks	70:55
16. Neal Mueller	60:56	36. Pete Neubauer	71:45
17. Gina Rus	61:27	37. Rey Hassan	79:36
18. John Mathews	61:30	38. Debbie Rose	83:55
19. Scott Stiteler	61:44	39. David McGrane	95:09
20. Doug Wertheimer	63:50		

### Bay Bridge Swim

Sunday June 8, 2008

**PILOTS:** Susan Allen, Ray Artigues, Marcus Auerbuch, Jon Bielinski, John Blackman, Rich Cooper, Ed de Cossio, Gary Ehrsam, Rafe Goorwitch, Don Harrison, Brian Herrick, Susan Lauritzen, Robert Mackey, Jon Meyer, Kent Myers, Emily Roth, Nick Strelchuk, Matt Towers, Peter van der Sterre, Connie Weller, David Zovickian

**HELPERS:** Dean Badessa, Daniel Considine, Jim Frew, Sue Garfield, John Hornor, Nancy Hornor, Nigel Killeen, Daniel Madero, Pat McGarvey, Zach Oji, Vic Pizarro, Andy Stone, Polly Rose, Nobu Takahashi

#### **SWIMMERS:**

1. Chris Wagner (10)	39:39
2. John Ottersberg (8.5)	40:13
2. John Ennis (8.5)	40:13
4. John Renko (7)	40:43
5. Laura Burtch (6)	41:12
6. Nigel Killeen (5)	42:14
7. Daniel Considine (4)	42:29
8. Amber Rhett (3)	42:40
9. Anders Knox (2)	42:58
10. Mickey Lavelle (1)	43:24
11. Paul Davies	43:55
12. Jason Prodoehl	44:49
13. Neal Mueller	45:15
14. Joe Omran	45:22
15. Beth Stein	45:59
16. John Mathews	46:34
17. Arnie Oji	47:52
18. Gina Rus	47:59
19. Doug Wertheimer	48:00
20. Neal Powers	48:21
21. Andy Stone	48:42
22. Lolly Lewis	49:32
23. Dean Badessa	49:54
24. John Hornor	50:04
25. Jay Adams	50:18
26. Hugh Kim	50:26
27. Nancy Hornor	50:54
28. Mary Cantini	55:08
29. Sue Garfield	55:18

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# DOLPHIN LOG SWIM STATISTICS

## Over 45 Swim

Sunday June 29, 2008

PILOTS: Susan Allen, Ray Artigues, Nancy Cutler, Brian Herrick, Nigel Killeen, Jennifer Lamers, Susan Lauritzen, Mickey Lavelle, Sunny McKee, Mark McKee, Jon Meyer, John Ottersberg, Emily Roth, Anne Sasaki  
HELPERS: Rick David, Mia Hershiser, Margaret Keenan, Nigel Killeen, Jennifer Lamers, Bob Lowney, Loretta Madden, Pat McGarvey, Mimi Osborne, Polly Rose, Monica Towers, Liz Van Houten, Madhuri Yechuri

### SWIMMERS:

1. Brian Fitzgibbons	20:25
2. Mike Garibaldi	21:09
3. Joe Ferrero	21:26
4. John Selmer	21:43
5. Keith Gray	21:55
6. Laura Merkl	23:25
7. Kate Coleman	24:09
8. Paul Irving	24:21
9. Rick Avery	25:34
10. Dan Osborne	25:45
11. Joni Beemsterboer	26:02
12. Dean Badessa	26:04
13. Jay Adams	26:07
14. John Hornor	26:21
15. Nancy Hornor	26:28
16. Lolly Lewis	26:48
17. Pete Neubauer	27:02
18. Lee Ann Parker	27:17
18. Dave Zovickian	27:17
20. Ken Coren	27:18
21. Matt Towers	27:42
22. Jackie Merovich	27:48
23. Keith Howell	28:03
24. Kent Myers	28:27
25. Lorna Newlin	28:34
26. Cheryl Wallace	28:49
27. Janice McCall	29:47
28. Will Powning	32:22
29. Pete Bianucci	34:33
30. Debbie Rose	34:57
31. Tom Vaughan	37:13
32. Mary Lou Hirschfeld	37:32
33. David Broadbear	41:53

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JOHN PERINO

## Over 60 Swim

Sunday July 13, 2008

PILOTS: Daniel Madero, Kent Myers, Reuben Hechanova, Jim Frew, Harry Louie, Mark Gustin, Don Harrison, Jay Adams

HELPERS: Madhuri Yechuri, Monica Towers, Kate Coleman, John Hornor, Nancy Hornor, Janice McCall, Gina Rus, Marla McGowen, Laura Merkl, Liz Van Houten, Nigel Killeen, Bob Lowney, Cory Ferrara, Susan Cobb-Frederick

### SWIMMERS:

#### Course 1: The Commodore

(to the Eppleton Hall and back)

1	Janice Wood	9:52
2	Lou Marcelli	10:07
3	Bob Danielson	12:10
4	John Davis	13:49
5	Walt Schneebeil	14:36
5	Bob McKenzie	14:36
7	Sara Morris	15:52

#### Course 2: The Commissioner

(to the Flag and back)

1	Phil Fernandez	15:22
2	Tom Callinan	16:00
3	Sid Hollister	16:10
4	Jack Bettencourt	17:44
5	Mike Cerre	19:52
6	Polly Rose	20:19
7	Ray Artigues	22:41
8	Keith Weaver	22:31
9	Don Reid	28:35

#### Course 3: El Presidente

(to the Bad Becky Buoy, the Flag and back)

1	Kate Coleman	19:56
2	Emilio Casanueva	20:40
3	Neal Powers	20:41
4	Joe Illick	21:22
5	Pete Neubauer	21:24
6	Keith Nelson	22:04
7	Keith Howell	22:38
8	Rich Livingston	23:19
9	Noel Turner	24:57
10	John Frederick	26:30
11	John Theede	26:52
12	Roger Kleid	27:10
13	Gail Grynbaum	28:40
14	Pete Bianucci	28:46
15	Mike Weiner	28:47
16	Mary Cantini	28:48
17	Robert Selsted	30:24
18	MaryLou Hirschfeld	32:17

#### Course 4: The Board of Governors

(all three courses combined)

1	John Selmer	33:12
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Photo by Joanne Soraya

Over 45 Swim and BBQ



## Swim Commissioner's Report: Victor's Victory

On the morning of June 11th, Vic Pizarro emerged from the Dolphin Club wearing a Victorian style bathing suit with a Dolphin Club patch sewn on the chest. It was around 6:30 in the morning and a small crowd of curious spectators was developing. Many happened to be there to see Vic hold his hands out in front of him, together in two tight fists, so that he could be handcuffed. Willingly. He was ready for his swim.

For months prior to the morning's event, Vic had been quietly putting in hours of training. He swam one cove after another with his hands held tightly together. At first, it looked as if he was practicing his breaststroke. It didn't take long for word to get out. Vic wanted to swim from Alcatraz while handcuffed.

Why would he want to do such a thing? If you ask him this question, he will tell you that his inspiration is Jack LaLanne. In 1955 LaLanne swam from Alcatraz to the Wharf while wearing handcuffs. He did it again in 1974, at age 60, while also towing a 1,000 pound boat. Vic watched some footage of LaLanne accomplish this task and with that Vic had a new goal for himself.

The morning was clear with calm seas. The flood was dying and an ebb was on its way. As Vic plopped into the water, I looked around to see about 13 boats, a number

that would slowly increase as more and more club members rowed out to greet us. Vic was amazing. He was strong and steady the whole way. Occasionally he would stop to raise his handcuffed hands over his head and we would cheer. In just over an hour Vic arrived back at our little beach. For the last 200 yards or so, he towed a rowboat with a rope in his teeth. By now a substantial crowd had materialized and Vic was greeted with cheers and smiles.

Vic's swim came at the perfect moment. We had all been a little tired and run down from a spring of unfortunate events: broken showers and a tired old dock waiting to be repaired. His swim exemplified the hearty attitude of our club and how we rise to a challenge. Dolphins came out in droves to support Vic and left us all with smiles on our faces.

When I tell friends about Vic's challenge they all ask the same question: "Why?" I've tried responding to that question in various ways but I think the best and most true response is simple: "Because he could." It is endeavors like this that keeps our swim program exciting and unique. Way to go Vic. Thanks for inspiring the rest of us and giving us something to talk about in the Sauna.

—Brian Herrick



Over 60 Swim: when it all comes together





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## 2008 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Tues, TBD	New Year's Day Alcatraz
Jan 20	Sun, 7:00 am	Midwinter Gashouse Cove
Jan 26	Sat, 5:00 pm	Kohlenberg Boatbuilding Feast
Feb 10	Sun, 9:00 am	Handicap Cove
Feb 17	Sun, 1:00 pm	Old Timer's Lunch
Mar 1	Sat, TBD	Gar Woods Polar Bear (Lake Tahoe)
Mar 8	Sat, 6:45 am	All Craft Relay
Mar 15	Sat, 9:30 am	Pier 41
Mar 21	Fri	Polar Bear Swim Ends
Mar 22	Sat, 10:00 am	W.O.W. and End Polar Bear Celebration
Apr 13	Sun, 8:30 am	Dick Beeler Crazy Cove
May 3	Sat, 8:00 am	Yacht Harbor
May 10	Sat, 7:30 am	Pier 39
Jun 1	Sun	100-Mile Swim Begins
Jun 1	Sun, 7:45 am	Crissy Field
Jun 8	Sun, 7:00 am	Bay Bridge
Jun 28	Sat, 5:30 pm	Over 45 Twilight Gashouse Cove
July 13	Sun, 9:00 am	Over 60 Cove
July 19	Sat, TBD	Trans Tahoe Relay
Aug 2	Sat, TBD	Santa Cruz One Mile
Aug 30	Sat, 8:30 am	Fort Point
Sep 6	Sat, 7:00 am	Bay Bridge Row
Sep 7	Sun, 7:45 am	Joe Bruno Golden Gate
Oct 4	Sat, 9:15 am	Escape from Alcatraz Triathlon
Oct 18	Sat, 8:30 am	Alcatraz
Oct 25	Sat, TBD	Dolphin/South End Triathlon
Oct 31	Fri	100-Mile Swim Ends
Nov 2	Sun, 7:30 am	Golden Gate Bridge Row
Nov 8	Sat, 4:30 pm	Pilot Appreciation Dinner
Nov 27	Thur, 8:30 am	Thanksgiving Day Cove
Nov 28	Fri	Grizzly Bear Challenge Begins
Dec 14	Sun, 9:00 am	New Year's Day Qualifier
Dec 14	Sun, 11:00 am	Holiday Brunch Party
Dec 21	Sun	Polar Bear Swim Begins
Dec 31	Wed	Grizzly Bear Challenge Ends

### ROWING TRAINING

On the these Saturdays or  
Sundays beginning at 9:00 am:  
January 19, Saturday  
February 23, Saturday  
March 23, Sunday  
April 19, Saturday  
May 24, Saturday  
June 21, Saturday  
July 19, Saturday  
August 23, Saturday  
September 20, Saturday  
October 25, Saturday  
November 22 Saturday  
December 13, Saturday

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
  2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
  3. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
  4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
  5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
  6. Swim sign-up sheets are posted two weeks prior to each swim.
  7. Time limits are imposed and enforced for all swims.
  8. All club boats are reserved for scheduled swims.
- Additional qualifications for Alcatraz and Golden Gate Swims*
9. In-town members must successfully complete three swims and pilot or help on at least two others.
  10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.

Alcatraz Island  
1.4 miles

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gashouse  
Cove

Aquatic Park Cove

Pier 41½  
1.2 miles

Pier 39  
1.5 miles

Pier 43  
1 mile



FALL 2008

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

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Photo by Margaret Keenan

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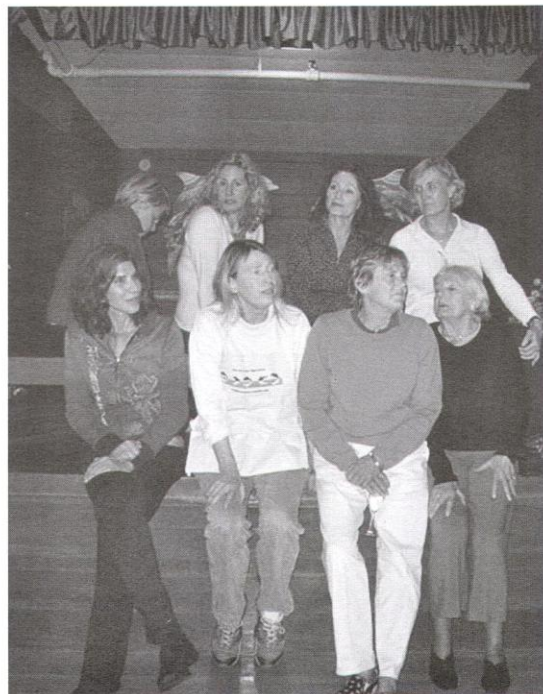
## Ladies Lunch—The Originals(!) from 1977

The Dolphin Ladies' Lunch is now in its 11th edition. As a Dolphin woman enters her 20th year in the Club, she goes through the initiation rite: disclosing her motives for joining, describing her passion for the Bay, musing about the improvement in the locker room since the original one shower stall, consuming pasta al pesto, ceasar salad, and a few flutes of champagne.

All this takes place in the boat-house, amid tables dressed in white linen, surrounded by handsome male servants and a hubub of feminine conversation. Initiates arrive from near and far, culled by Susan Allen and Ericka Drewes, two of the women who joined in 1977, the landmark year for breaking the Club's gender barrier.

This is, of course, just a preamble for the life-membership status that follows in five years. The group was at the ready to do the math for members that couldn't figure out how many more years they had to wait for their 25 years. Before dining several life members swam through a torrent of rain and proclaimed it the most beautiful swim of the year. Marcia Grimm, who joined in 1985, was with us in spirit.

*Bon Appetit! Dolphin Women!*



Top row-left to right Joni Beemsterboer, Robin Rome, Margo Van Riper, Jackie Merovich; bottom row - left to right Sophie Taggart, Erica Drewes, Susan Allen and Jacqueline Powning

—Robin Rome

## The Original Escape from Alcatraz Triathlon

On October 4, 2008, just after 9:00 AM, more than 50 individuals and four representatives of relay teams jumped from the Alma into the Bay to embark on the 28th Dolphin Club Escape from Alcatraz Triathlon. Never to be confused with those commercial swims and triathlons which call themselves "Escapes," this event is truly the Original Escape from Alcatraz Triathlon. Indeed, Wikipedia, the on-line encyclopedia, recognizes our competition as the original.

The first Escape from Alcatraz was proposed by Joe Oakes after the 1979 Ironman. The race was held in 1981, with members of the Dolphin Club testing the course, starting with a swim from Alcatraz to San Francisco, a bike ride to Mill Valley, and a Double Dipsea over Mount Tamalpais to Stinson Beach and back.

If the hundreds of Dolphins and South Enders who have competed since 1981 in one of the oldest events in the sport of triathlon are to be believed, the Original Escape is so much more than that brief description.

Tom Callinan, who holds the record for consecutive Escapes

(20) from 1981-2000, recalls that around 1980 triathlons were unheard of, yet Joe Oakes and Dave Horning, along with our recently deceased Peter Butler, former Dolphin Club President Stan Hylinski, and early Ironman Jack Bettencourt, cobbled together our course and the competition began. Tom, who returned to compete this year after a seven year hiatus, describes our Escape as the "greatest because the first and third legs are classic." He also shares with others the opinion that while cycling over the Golden Gate Bridge is unmatched, many times participants are too cold to appreciate it.



Tom also provides the missing historical data that on November 1, 1981, Dave Horning triumphed in the inaugural Escape with a remarkable time of 3:13. (Dave's reported splits were Swim 29, Bike 45, and Run 1:59.) Thus, a July 12, 1981 SF Examiner & Chronicle article, which described the event as "grueling," must have been referencing the "testing" of the course. Significantly, the article notes that Jack Bettencourt, then 52, was the oldest competitor in the event. Jack remains an inspiration to all athletes. He finished the Hawaii Ironman in 1985 in 12 ½ hours, and now approaching 80, still competes in triathlons.

This year Michelle Deasy of the South End Club had the fastest swim and for the second year in a row secured the silver buckle with



*Jack Bettencourt finishes the 1985 Ironman World Championship*

a time of 4:08:20. Michelle had great fun in what she describes as a lovely event. The South Enders also fielded the first male: Joel Lanz won his third consecutive Escape in a blistering time of 3:31:06. Joel had the fastest bike and run, and despite his competitive fire finds the Escape as "nice and small with so much to love," especially the course that "cannot be replicated." Like most of competitors, Michelle and Joel found the time and breath during the long day to thank the over 100 pilots and volunteers at the aid stations, in the kitchen, behind the bar and elsewhere.

Of the 48 who completed the course, 15 were first time or "Virgin" Escapees. Mary Cantini-Norkin completed her

21st, Jon Nakamura his 19th consecutive, and Mark McKee his 12th in a row top five. Five time past winner Vince Fausone returned to the competition only to find that his running shoes were not at Old Mill Park when he dismounted his bike. He is in good company, for Dave Horning had the same problem in 1982 when he repeated as winner. Rumor has it that Dave ran barefoot, but Vince had better judgment and waited for one of the Callinan clan to loan him footwear.

Chris Chorak, four time past women's winner and Hawaii Ironman competitor returned to compete after taking time to bear twins. Carrie Sloan, second place woman, noted that the entire event is reflective of the daily celebration of life that the two Clubs foster and its members cherish. Demonstrating the good humor of the competitors, the relay was won by Vince Huang's Warriors, a team consisting of Daniel Considine, Tom McGraw and John Dugan. Vince himself competed for Two Boys and a Girl, a team that came in third. Vince also was the lead pilot in the 1982 Escape. When the day was done, Mimi Osborne and her kitchen crew hosted well over 150 tired but cheerful folks to another sumptuous carbo-loaded dinner.

For any volunteer event to last, let alone flourish, for so many years requires leadership and sacrifice. So it is that past President Tom Gould can be found year after year patiently logging the times at the transition and finish at Old Mill Park. So, too, Pete Bianucci, has, coolly managed the Escape for almost two decades. Now, the torch is passed to Sunny and Mark McKee. On September 26, 2009, another group of competitors will leap into the cold waters of San Francisco Bay and begin the 29th edition our beloved triathlon, knowing that this is not just any triathlon, but the Original Escape from Alcatraz. —Anthony DuComb

## Wooden Goggles



*Walt Schneebeli and John Davies*

When it comes to goggles, those of a certain generation eschew those new fangled plastic things. They remain faithful to a more revered, wooden form devised by the spear fishermen of the South Seas. Walt Schneebeli's and John Davies's goggles came, eons ago, from a craftsman in Kauai. If you would like a pair of your own, Walt will be happy to show you an article from *Outdoors*, September 1940, which explains how to make them.

## Fire and Water

Every Monday, Wednesday, and Friday morning at 6:30 am -- for how many years? -- Jerry Cullen, Lee Hammock, Herb Madden, and Charlie Martin have swum together, usually a cove. After shower and sauna, Charlie and Herb return to Marin, while Jerry and Lee prepare breakfast for themselves in the kitchen. This has been such a regular occurrence that when the pattern was broken in early October, everyone noticed.

"Where's Jerry?" was the repeated refrain. "He's swimming two coves," Lee would answer. Turns out Jerry was preparing to compete in the first annual Firemen's Alcatraz on October 23, 2008, 44 years after he first swam from Alcatraz. And he did. At 76 he was the oldest participant, and at 1 hr., 20 min. not quite the fastest. But he did it! Congratulations. Dan Osborne was his pilot.



*Retired Deputy Chief Jerry Cullen*

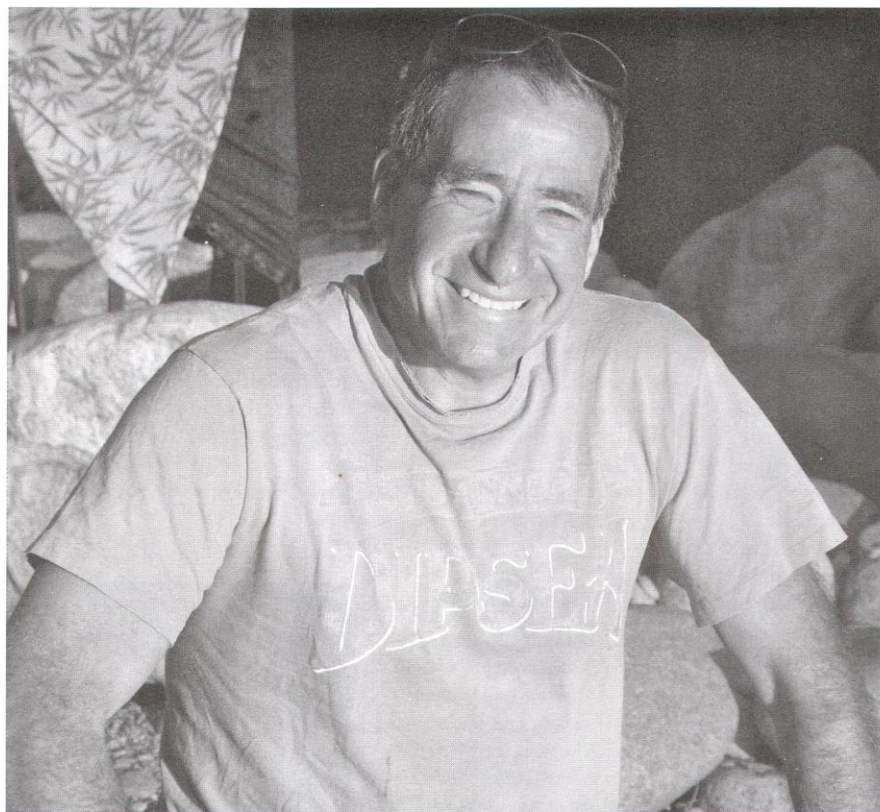


*Triathletes head to Alcatraz aboard the Alma*

photo by Kent Myers



# Reflections of a Gay Man in a Mainstream Club



BY NAPHTALI (HAL) OFFEN

*Photo by Rob Reed*

**I**nspired by the reminiscences of Katie Maloney Bellomo and Vince Huang in the Dolphin Log, I want to add my voice to what might be seen as an informal series on the changing culture of our favorite club. Katie wrote about her experience as one of the first women in the Dolphin Club; Vince about his experience as one of few Asians in the club. I'd like to talk about what it has been like for me as a gay man in the club.

When I was a pre-teen and began to get an inkling that I was gay, the future filled me with dread. The messages of the day were that gays and lesbians were sick, vile, criminal, pitiable sinners—and that was before the rise of the religious right! Yikes. I dreamt of a world in which I would

not be punished for being myself. Then, when I was 19, the Stonewall Riots gave birth to the modern gay liberation movement and presented an opportunity to create such a world. I was thrilled to find myself in the company of proud, militant queer men and women. Collectively, we stopped thinking of being gay as a personal failing. Instead, we identified the problem as institutionalized homophobia and challenged the law, the psychiatrists and the church. In two short generations, we sparked changes that would reverberate around the world.

Until I joined the club in 2000, my social life centered around the lesbian, gay, bisexual and transgender (LGBT) community. Whether it was a gay

running club, volleyball league or political club, I chose to spend the bulk of my free time surrounded by other gay people. Certainly, when I was single and interested in partnering, it made sense to be in surroundings where I was more likely to meet other gay men. But whether I was single or not, I restricted myself to queer venues for much of my adult life. If I realized the extent to which I had become ghettoized, I apparently didn't mind it: tribalism raised my comfort level.

I was holding on to a prejudice against straight men that had solidified in adolescence and early adulthood. It was nurtured by homophobia and an air of superiority I often perceived in straight men. Most straight women I knew, on the other hand, were non-judgmental. But ironically, as the gay movement evolved, I became guilty of the same kind of sweeping generalizations and disdain that I found off-putting in straight men.

My good friend and cousin, Larry Wisch, invited me to swim at the club. The first time I used a guest locker, so many men engaged me in conversation, I wondered whether they suspected me of casing the joint. On the contrary, they were just introducing me to the welcoming culture of the Dolphin Club that would hook me big time—that and the swimming. I became a regular day tripper, then joined the club in the summer of 2000. My swimming improved (Nigel, not a word!) and I had an epiphany about straight men—at least the straight men I met in the Dolphin Club.

I guess I hadn't taken into consideration the extent of the progress of the last 40 years. This is, after all,

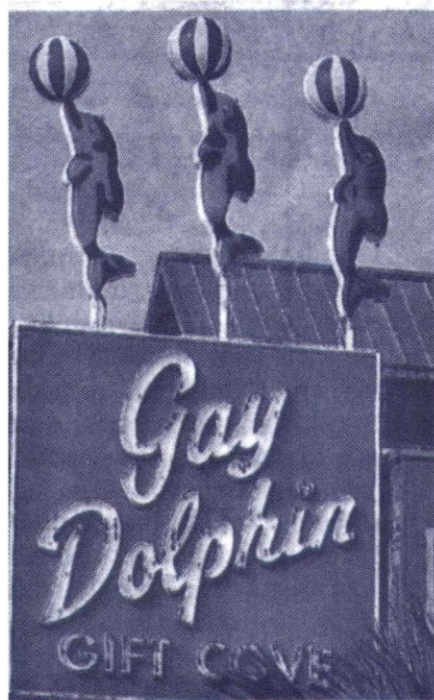


San Francisco, and it's a new century. Many members have a close friend or a relative who's LGBT: being gay is hardly the charged issue it was back in the bad old days. While lesbians and gay men were rejecting the damaging messages that chipped away at our self-esteem, many in the straight community were becoming staunch allies with a world view that being gay is just another flavor. The Dolphin Club is a safe and welcoming place for its lesbian and gay members. What I've experienced is that being gay in the Club is treated, appropriately, as just another demographic, like being Jewish, or a tobacco control advocate or a native New Yorker.

In all my years in the Club, I can identify only one minor incident of homophobia. Larry Wisch and I were helping out at an Old Timers' banquet dressed as sailors. Someone I didn't know, who opposed the idea of gays in the military, publicly remarked that he was offended that we were wearing military uniforms.

*My childhood dream of a safe place where authenticity is valued no longer means I need to surround myself with just other gay people.*

On very rare occasions, I've gotten the cold shoulder from someone in the locker room. At those times, I wondered if I were being snubbed because I'm gay. Then I wondered if it were because I'm Jewish. Then again—implausible as it was to consider—maybe it wasn't about me.



*Photo by Larry Wisch*

Bottom line is I don't want to be disliked because I'm a member of a particular group. I want to be disliked for myself.

I've long felt the importance of gay people being open and visible. Nothing has moved this issue further along than people realizing that someone they know and like is gay. However, I'm less strident, believe it or not, than I was in the old days. I no longer feel I have to let everyone know I'm gay all the time, but neither will I allow erroneous assumptions to go unchallenged. And I have fun with it. In the sauna a few years ago, some guy asked me if I had seen a certain beautiful woman downstairs and if so, what did I think of her. I said yes I saw her, and it made me wish I were a lesbian.

I appreciate the camaraderie and comfort level at the Club: Mickey

Lavelle slapping my butt as he passes and me telling him to be careful or he might get more than he bargained for (or was that Neal Powers?); Rey Hassan or Adam or Ben Goldberg giving me an affectionate kiss on the cheek when we haven't seen each other for awhile. I appreciate how un-upright these guys are.

Another sign of progress is how scrambled "gaydar" is around the Club, leading to both false positives and false negatives. I knew Paul Irving for quite some time not knowing he's gay. And last year I mentioned to Rick Avery that I had met a couple of new members I liked a lot, Arnie Oji and Doug Wertheimer. Rick heard them talking about their sons, who are in the same school, and mistakenly thought they were a couple raising the boys together. It fell to me to set the record straight, so to speak. When I told Arnie and Doug that I had to enlighten Rick, they told me it wasn't my place to out them as straight.

My participation in the Dolphin Club continues to be a source of great joy and satisfaction. A big part of that is the personal growth I've experienced in having my prejudice challenged and expanding my definition of who's in my tribe. My childhood dream of a safe place where authenticity is valued no longer means I need to surround myself with just other gay people. I'm grateful that I feel embraced by our Club's culture—no small thanks to the pioneering women who fought an earlier battle for inclusion. I'm a richer person for opening my heart to the humanity and warmth of the extraordinary community that is the Dolphin Club.



# Maui Channel Swim, a Gift from the Gods

BY DAVID RICH



David Rich and Mark Cibula (David's Brother-In-Law) after completing the Maui Channel Swim

*Photo by Camille Rich*

**H**awaiian mythology recounts the feats of the demigod Maui who not only raised the islands from the sea, but lassoed the sun's rays and slowed its descent to make the perfect day on Maui last a little longer. Surely, Maui was a busy guy, but did he ever swim between the islands he created?

Exploring Hawaii's second largest island, one is struck by its natural beauty with deep lush mountains and valleys, endless beaches, hidden waterfalls and towering, dormant volcano. The islands of Lanai, Molokai and Kahoolawe, sit just off the Maui coast and almost beg the traveler to come join them. Every Labor Day weekend, hundreds of swimmers take this call and race across the warm, blue waters between Lanai and Maui, a distance of approximately 10 miles.

The Maui Channel Swim dates back to 1972. One of the founders is South Ender, Bob Roper, who led one of only two relay teams in the first race. Over 30 years later, Bob was still there swimming alongside a competitive field that included numerous collegiate All-Americans, open-water champions and Olympians (Amanda Beard

has participated). The Maui Channel race has become a favorite past-time for many swimmers (and Dolphins) who return year after year, renewing friendships and reigniting competitive spirits. In particular, swim clubs from the Bay Area (RCP Tiburon) and Australia (Tattersails Masters among others) have maintained a healthy rivalry for years producing the fastest times as they vie for top honors. This year's Aussie relay beat the Americans, whose team included two-time Olympic medalist, Larson Jenson, by 7 minutes and covered the course in just under 3 hours.

I had the privilege to be one of 12 individual swimmers among the additional 40 relay teams making the crossing this year. My brother-in-law and former Cal swimmer, Mark Cibula, joined me in the solo ranks for his first channel swim. Since the race is always on a specific date, you get what Mother Nature dishes up that day, rather than waiting for better conditions. Though prior races have had some treacherous wind and wave conditions, this year brought beautiful weather for much of the swim. With an air and water temperature close to 80 degrees, it was almost too warm for those of us used to the cool confines of



Aquatic Park.

Cruising over to Lanai early in the morning - every solo and relay team must have their own escort boat - swimmers line the shore of Club Lanai for the start. Navigation and currents do play a role in the race with most swimmers heading southeast towards the town of Lahaina on Maui where a northerly current pushes them up the coast. The goal is to make the finish line at Ka'anapali Beach just inside Black Rock on the northwest coast. Find yourself beyond that point and you might just end up on Molokai not Maui, goes the joke.

With a bit of fatigue setting in, I put my head down determined to break through the current and into shore.

The start and first five miles took on an easy-going, island rhythm. At three hours, the Maui coast was within clear site, and my captain began to guide me north as planned. But the current was moving more quickly so we tacked a bit south again to ensure a better course into Ka'anapali. Another hour quickly passed, but my progress forward seemed meager. This can't be I thought, I'm swimming strong and I can see the coast, what gives? My captain tacked again heading southeast to compensate. By 4.5 hours, I had hoped to be making my way into shore, but the hotels along Ka'anapali were passing before my eyes as I got pushed north along the coast. With a bit of fatigue setting in, I put my head down determined to break through the current and into shore. Later, as I looked up to gain my bearings, dread set in as I realized I was now north of Black Rock which is like being east of the

Aquatic Park opening on a flood tide during an Alcatraz swim. Cursing myself for blowing the one piece of obvious advice from the race director, I turned south and plowed toward the yellow buoy that stands 100 yards from the finish. Highly irritated that Maui, the island god, had made my perfect day here last a little too long, my mood took a turn. I could see coral 30 feet below and fish so colorful Picasso could not have imagined them. After 5 hours and

45 minutes, I finally touched land. As in past races my kids, Dillon and Camille, joined me for the final 50 yards to celebrate. My brother-in-law, Mark, who emerged later after 7 hours of swimming with a wide smile on his face, had one thing to say after his first solo crossing, 'next time...I think I'll train more.'

The race is well organized and headquartered at the Ka'anapali Beach Hotel where swimmers from around the world descend to swim, party and enjoy life for a beautiful weekend. My only concern going into the swim was the possibility of Tiger sharks making an appearance during the race as they did a few years back (though no one has ever been attacked). Fortunately, the largest thing I came across was a sea turtle puttering off shore.

Relaxed and ready to head home a day later, I sat down in my airplane seat and my wife handed me the front page of the Honolulu Times. The headline blared, 'Great White shark spotted off Oahu coast.' While miles away from our Maui swim, it still made my heart skip a beat. The Coast Guard member who spotted it from a helicopter said it was so big at 25 feet that it resembled a small submarine. Its dorsal fin powered along a foot above the surface. As the airplane took off, I exhaled a huge sigh of relief to be reading this the day after my race, and not before.



The Family Rich  
Dillon, Noelle, David and Camille Rich



## Rowing on Lake Merced

is one of the wonderful benefits that the Dolphin Club affords its members. Many Dolphins are unaware of our shell house on Lake Merced or our storied history at the Lake and on the flat water rowing circuit.

My interest in rowing on Lake Merced peaked this year as I became involved with DC scullers who train regularly with scullers from South End Rowing Club, Pacific Rowing Club and San Francisco Rowing Club. On any given morning you can find a group of us on the Lake in relentless pursuit of the perfect stroke. The challenge of achieving this is a lifelong goal for the most dedicated rower. Many of us will experience only fleeting moments of perfection and talk about it for days to come. In my own pursuit I have heard many stories. And through talking with some of our DC rowers I have been able to piece together some of our rowing history at Lake Merced.

In 1935 the Club had a flat water shell house located at Pier 50. Back then the Pacific Amateur Association of Oarsmen (PAAO) was the governing body for flat water racing on the West Coast. The Dolphin Club was very active in competitive rowing particularly in the four-oared barge. Each rower has one oar and rows in the sweep style (like the Wieland, our six-oared barge). Under the coaching of Lawton Hughes the DC won the PAAO title in the four-oared barge from 1949 to 1952.

In 1951 we had to relocate the flat water shell house when the Santa Fe railway yards were built. The Club came to a handshake agreement with San Francisco Recreation & Parks Commission to relocate its shell house to the Lake. Dolphins Jack Vordray, Shoes Scunnerman, Dino Landucci Jr and Jim Morino relocated the shell house from Pier 50 to Lake Merced and with help from Dolphins and South Enders graded the launch area and built a dock from surplus WWII floats. Some of the great DC rowers, coaches and coxswains of that era were Roland Demais, Lawton Hughes, Vincent Kelly, Dino Landucci, Jr, Frank Menucci, Jim Morino, Ray Morino, Bob Neilson, Shoes Scunnerman, Tom Troneum and Joe Weiss. I recently had the fortune of meeting Jim Morino who shared memories of rowing on the Lake back then. Jim's passion for the sport and the lessons he learned from Hughes have stayed with him. "Quick hands away... control moving up the slide", these basic fundamentals are drilled into rowers. Jim's constant repetition of these commands made me feel right at home. I knew that Jim was also in pursuit of the perfect stroke.

In 1959 the Lake Merced Sports Center was built replacing the DC shell house, providing accommodation for boating equipment and facilities for fishing, sailing and rowing. The shell house was reincarnated as a stable for police horses, headquarters for golf tournaments and marshals and finally as a storage shed for the gardeners. Gary Ehram last reported this summer that the old shell house is still standing in its location on the outskirts of the Harding Golf Course.

In the early 1950s flat water rowing participation declined and in 1952 the PAAO disbanded hosting its final regatta on Lake Merced. In 1959 with no national rowing organization at the helm, flat water racing started its come back with a national championship hosted in Oakland on Lake Merritt.

During flat water rowing's resurgence in the late 50s through early 1970s Tom Troneum was at the helm of the Dolphin Club's Lake Merced rowing programs.

Through the 1960s Tom recruited athletes from CCSF, taught them how to row, and coached very successful Fours competing against the top rated crews in the country. One new rower, Andy Kerr, was 19 when he started rowing with Tom and at 66 is still rowing strong and competing. "Tom taught us that rowing was a religion and that to be successful one had to be completely dedicated." In 1966 Tom's crew lost to only one boat all season, Stanford, which went on to win Nationals and row in the World Championships.

Tom Troneum's dedication is memorialized at Lake Merced in the Club's Tom Troneum Shell House at the Lake.

Through the 1970s Steve Wolf ran the boathouse at Lake Merced and hosted regattas on the Lake for Masters and Juniors. During Wolf's tenure there was more involvement from youth rowing programs such as Saint Ignatius and Pacific Rowing Club as well as rowers from the San Francisco Police Department.

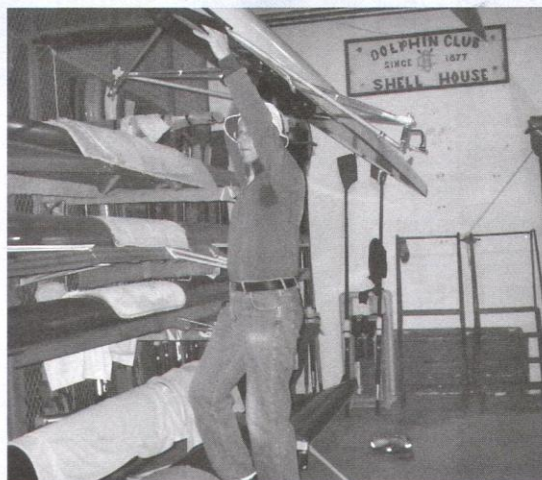
In early 1980 current Lake Merced Rowing Commissioner, Jim Storm, took over the rowing program. Jim's rowing accomplishments include the silver medal in the 1964 Olympics in the men's double shell with Cy Cromwell, competing in the 1966 Nationals and World competitions and 1967 Pan American Games and North American Championships.

Jim has kept Club boats in good working condition, making repairs and updating equipment as needed. The shell house stores 28 boats: 4 are Club boats, 24 are privately owned by Dolphins who pay rent (to Park & Rec) for their rack space. Even though the DC does not formally support competitive rowing programs as it once did, competitive rowing is still happening at the Lake.

The Lake is not just for scullers who are training for competition. In fact; the majority are recreational. But we are all after the same thing, the perfect stroke.

Special thanks to Gary Ehram, Jim Morino, Andy Kerr and Jim Storm for their contributions to this story.

—Racheal Perry



Jim Storm at the Dolphin Club Shell house at Lake Merced

Photo by Keith Howell





Jim Storm at Lake Merced

*Photos by Keith Howell*

### ***North American Open Water Rowing Championships***

Dolphin and South End Rowers competed in the North American Open Water Rowing Championships in July 2008. The event, hosted by Open Water Rowing in Sausalito featured 13 and 6 nautical mile courses.

The Championship course started at Strawberry Point to Lime Point (just before the GGB North Tower) across the Richardson Bay channel around Angel Island through Raccoon Strait to Yellow Bluff (Sausalito Waterfront) for the finish. The Bay course (6 nm) started at Strawberry Point to Yellow Bluff around Cone Rock and back to Strawberry Point.

Conditions were challenging on the long course with a strong headwind toward the GGB and rough water until the East side of Angel Island. Raccoon Strait featured some of the most challenging wind and current we've faced this year. All in all the competition was fierce and the waters challenging. A good time for all (now that it's over).

### ***Championship Course***

Women's Double: Renee de Cossio and Kim Pross 1st place 1:41:51

Viking Double: Grant Mays and Gretchen Coffman 1st place 2:13:29

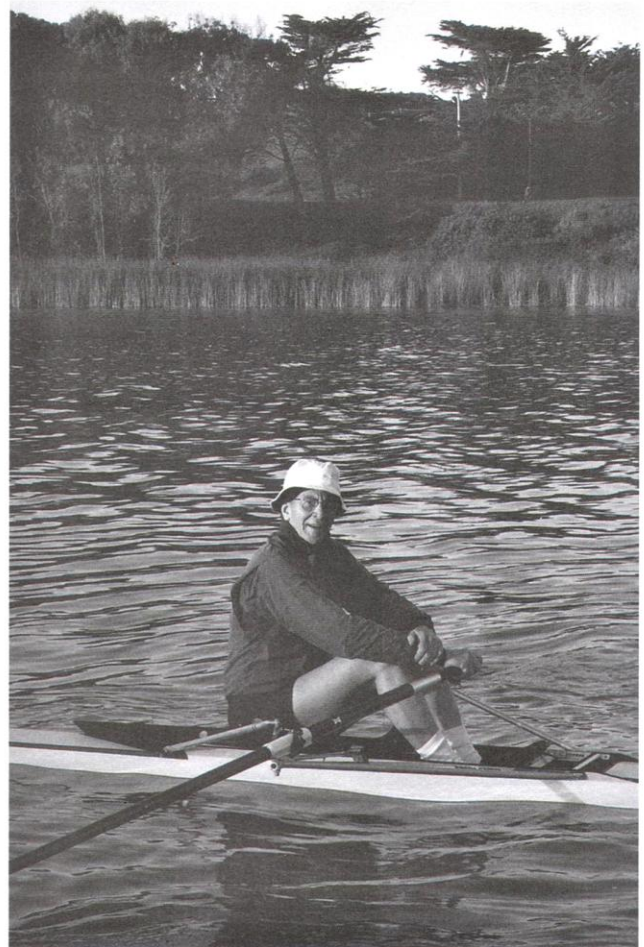
Women's Single: Racheal Perry 1:58:10 4th Place

### ***Bay Course***

Men's Single: Peter Brand 1:02:35 2nd Place

Women's Single: Dolores Meehan 1:05:18 6th Place

Dolphin rowers were on the rowing circuit this fall in local Head Races from Sacramento to Foster City and in Boston for the holy grail of US flat water racing, The Head of the Charles. On any given Sunday from late September to early November these Dolphins are on the water competing in singles, doubles quadruples and eights: Joe Abrams, Renee de Cossio, Cheryl ?, Mag Donaldson, Peter Hein, Racheal Perry, Tina Huang, Andy Kerr, and Peter Brand.





# DOLPHIN LOG SWIM STATISTICS

## Swim Commissioner's Report

There's nothing quite like summer swimming in the cove. I'm sure many folks around the world would think that our water isn't so warm compared to their local watering holes, but Dolphins have a special love for Aquatic Park summer temperatures. Despite these warm temperatures, our swims this summer didn't exactly come easy. We were met with wind, fog, chop, and recalcitrant tides for most of our out of cove swims. That's just fine, we were up to the challenge.

Tides and currents are tricky. We can look at tide charts and think we have a handle on things, but we never know what we'll get until the day of. On the morning of our Fort Point swim, we didn't get the flood we were hoping for. More than a handful of hearty swimmers were in the water for over two hours. That's OK, our members don't shy away from challenges. Every one swam their guts out and made it back to the cove one way or another with a smile on their face and a hunger for donuts.

The test swim for the Joe Bruno Golden Gate Swim was flat with clear skies. Thanks to John Belinski, we got some good information and starting coordinates for the following morning. Mother Nature had other plans for us. She hit us hard with some big chop and intermittent fog. There were a few minutes where it looked like this swim wasn't going to happen at all due to the visibility. The boats carrying the swimmers, drifted in circles waiting for the call. Eventually, the fog lifted just enough for us to see the North Tower, and Dolphins hit the water with purpose.

Alcatraz was next on our list of hearty swims. Once again, the test swim, this time run by Jon Meyer, proved to be a beautiful, calm morning with good conditions. However, after a week of sun and warm weather, the fog blew in with some decent chop. Many swimmers said this was one of the more challenging swims in their recent memory. From my position aboard the Arias, you all have never looked stronger.

As I finish up with my first year as Swim Commissioner, I look back on the challenges. We did nearly every swim without the use of our dock, we dealt with a couple sewage spills, the winter gave us some particularly cold water and our out of cove swims lacked sunshine and calm waters. However, I think these minor encumbrances made the swim program exciting and gave us a little adventure. My favorite moment of every swim is watching all of you, with orange caps and smiles, leaping from the boat into our bay. Thanks for all of your support. Your trust, compassion and patience are truly appreciated. I look forward to another season of new challenges. See you out on the water!

—Brian Herrick

## Fort Point Swim

AUGUST 30, 2008

1	Suzanne Heim (10)	1:05:12
2	Chris Wagner (9)	1:06:43
3	John Renko (8)	1:15:06
4	Laura Burtch (7)	1:16:06
5	Todd Walsh (6)	1:19:15
6	Nigel Killeen (5)	1:19:51
7	Chris Keene (4)	1:22:18
8	Mike Tschantz-Hahn (3)	1:23:27
9	John Selmer (2)	1:23:57
10	Duke Dahlin (1)	1:24:20
11	Dan Considine	1:28:47
12	John Street	1:34:25
13	Alice Jones	1:37:49
14	Mikey Lavelle	1:39:21
15	Laura Merkl	1:40:59
16	Joe Omran	1:42:13
17	Kevin Haugh	1:42:55
18	Peter Molnar	1:57:58
19	Jennifer Lamers	2:02:14
20	Naphtali Offen	2:05:34
21	Jamie Robinson	2:07:01
22	Pete Neubauer	2:08:54
23	Kate Coleman	2:12:10
24	Nancy Cutler	2:12:27
25	Mark Lubiszewski	2:20:49
26	Rory Enke	2:27:10
27	Beth Stein	DNF

## Hurrah for the Pilots

Ray Artigues, Marcus Auerbuch, Jon Bielinski, Barry Christian, Ken Coren, Jim Frank, Rafe Goorwitch, Don Harrison, Reuben Hechanova, Brian Herrick, Julie Knox, Susan Lauritzen, Robert Mackey, Grant Mays, David McGrane, Mark McKee, Sunny McKee, Kent Myers, Dan Osborne, Connie Wellen, Dave Zovickian

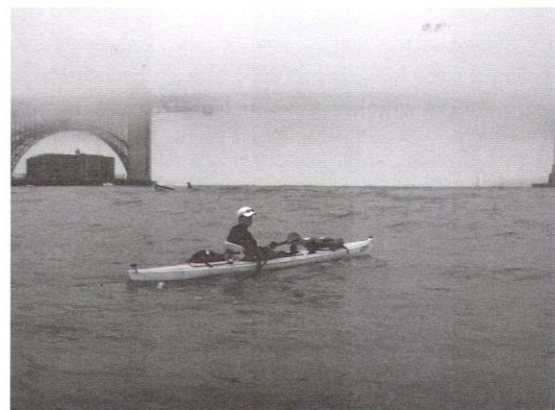
## Helpers

Rick David, Paul Davies, Cory Ferrara, Sue Garfield, Nigel Killeen, Bob Lowney, Loretta Madden, Janice McCall, Pat McGarvey, David McGrane, Pete Neubauer, Lorna Newlin, Naphtali Offen, Mimi Osborne, Ji Reluts, Amber Rhett, Jessica Snyder, Liz Van Houten, Chris Wagner, Madhuri Yechuri, James Yee, Ben Zovickian, Noah Zovickian, Claudia

## Joe Bruno Golden Gate Swim

SEPTEMBER 7, 2008

1	Bruckner Chase	33:58
2	John Ottersberg	35:05
3	Jon Ennis	35:05
4	Laura Burtch	35:05
5	Daniel Considine	35:15
6	Brian Fitzgibbons	35:18
7	Paul Davies	37:43
8	Brad Marks	38:04
9	John Street	38:09
10	Micky Lavelle	41:40
11	Arnie Oji	42:10
12	Jon Bielinski	43:22
13	Paul Irving	43:35
14	Jason Prodoehl	43:58
15	Rebecca Tilley	44:20
16	Rick David	44:25
17	Joe Omran	44:35
18	Kate Coleman	46:45
19	Bob Blum	47:00
20	Gina Rus	47:48
21	Daniel Madero	49:04
22	Nobu Takahashi	51:04
23	Jim Ferrara	51:12
24	Mark Bason-Mitchell	51:34
25	Neal Powers	51:56
26	Dean Badessa	52:34
27	Jay Adams	53:33



Mark McKee pilots Ft. Point Swim

Photo by Sunny McKee



# DOLPHIN LOG SWIM STATISTICS

28 Matt Towers	54:48
29 Jennifer Lamers	55:25
30 Rick Avery	55:40
31 Nancy Hornor	56:49
32 Jackie Merovich	57:40
33 Ken Coren	59:00
34 John Hornor	1:01:40
35 Rey Hassan	1:01:42
36 Pete Neubauer	1:01:51
37 Naphtali Offen	1:01:54
38 Kent Myers	1:02:00
39 Joe Illick	1:02:02
40 Jamie Robinson	1:02:17
41 Cheryl Wallace	1:02:40
42 Anne Sasaki	1:03:00
43 Lorna Newlin	1:07:50
44 David McGrane	1:08:50
45 Susan Lauritzen	1:09:30
46 Lolly Lewis	1:10:00
47 John Frederick	1:11:10
48 Will Powning	1:12:00
49 Debbie Rose	1:12:50
50 Conrad Liberty	1:15:00

**Test Swimmers:** John Ottersberg, Hal Offen

## Hurrah for the Pilots

Marcus Auerbuch, Barry Christian, Susan Cobb-Frederick, Rich Cooper, Don Harrison, Reuben Hechanova, Suzanne Heim-Bowen, Brian Herrick, Steve Latham, Robert Mackey, Jon Meyer, John Selmer, Lyrinda Snyderman, Noreen Tierney, Monica Towers, Ralph Wenzel

**Helpers:** Dean Badessa, Mark Bason-Mitchell, Daniel Considine, Rory Enke, Cory Ferrara, Jim Ferrara, Brian Fitzgibbons, Sue Garfield, Keith Gray, Rey Hassan, Gary Heine, Nigel Killeen, Bob Lowney, Pat McGarvey, Pete Neubauer, Era O, Zachary Oji, Amber Rhett, Megan Sullivan, Liz Van Houten.

## Alcatraz Swim

OCTOBER 18, 2008

1 Susan Heim-Bowen	31:03
2 Chris Wagner	31:54
3 Greg Kearney	32:24
4 Jon Ennis	36:27
5 John Selmer	37:16
6 Laura Burtch	38:51
7 Paul Davies	40:52
8 Nigel Killeen	42:05
9 Arnie Oji	44:57
10 Nancy Cutler	46:24
11 Daniel Madero	46:52
12 Fred Stemmler	47:18



Jamie Robinson excited about the GGB Swim  
*Photo by Naphtali Offen*

13 Jennifer Lamers	47:56
14 Gina Rus	48:12
15 Neal Powers	48:35
16 Margaret Keenan	48:41
17 Rick David	49:07
18 Neal Mueller	49:59
19 Alex Buehlmann	50:43
20 Rick Avery	52:28
21 Nancy Hornor	55:03
22 Ken Coren	55:09
23 Lolly Lewis	55:15
24 Nobu Takahashi	55:20
25 Dean Badessa	55:39
26 John Hornor	58:08
27 Pete Neubauer	90:06
28 Naphtali Offen	60:27
29 Anne Sasaki	60:37
30 Greg Hicks	62:55
31 Kent Myers	71:58
32 Susan Lauritzen	72:12
33 John Frederick	73:40
34 David McGrane	73:41
35 Debbie Rose	79:46
36 Pete Bianucci	80:00

## Hurrah for the Pilots

Susan Allen, Ray Artigues, Marcus Auerbuch, Jon Bielinski, John Blackman, Carol Block, Gerald Block, Susan Cobb-Frederick, Duke Dahlin, Ed de Cossio, Joe Ferrero, Andrew Ferrero, Jim Frew, Brian Herrick, Tom Keller, Mary Magocsy, Sunny McKee, John Ottersberg, Pete Perez, Phil Rollins, Andy Schwaab, Carrie Sloan, Monica Towers, Tom Vaughan, Bob Weil.

## Helpers:

Laura Atkins, Bill Burke, James Frederick, Jenny Frederick, Emma Huckabay, Nigel Killeen, Steve Latham, Pat McGarvey, Laura Merkl, Lorna Newlin, Naphtali Offen, Mimi Osborne, Daragh Powers, Neal Powers, Julian Sapisten, Liz Van Houten

**Test Swimmers:** Bill Powning, Joe Ferraro, Joe Illick



First leg of the Escape From Alcatraz Triathlon  
*Photo by Kent Myer*

## Escape from Alcatraz Triathlon

OCTOBER 4, 2008

PLACE/NAME/CLUB	SWIM	BIKE	RUN	TOTAL
1. Joel Lanz SE (Fastest Bike and Run)	38:24	45:36	2:05	3:31
2. Nobu Takahashi DC (Youngest Competitor - 27)	46:13	57:00	2:19	4:03
3. Michelle Deasy SE (1st woman/fastest swim)	31:31	46:00	2:48	4:08
4. Mark McKee DC	43:34	52:00	2:38	4:16
5. Conor Power DC	39:09	46:00	2:56	4:22
6. Andrew Schwaab	39:23	59:00	2:45	4:25
7. John Ottersberg DC	31:33	53:00	2:59	4:26
8. Carrie Sloan DC	50:29	61:00	2:35	4:27
9. Erik Burke DC	48:26	56:00	2:49	4:34
10. Sean McFadden DC (1st cruiser—male)	37:17	45:43	3:10	4:35
11. Anders Knox DC	38:05	58:00	3:14	4:49
12. Vince Fausone SE	51:20	61:00	3:00	4:52
13. James Sparkman DC	48:40	58:00	3:04	4:53
14. Julie Knox DC	49:10	55:00	3:00	4:54
15. Chris Chorak DC	35:38	57:00	3:17	4:56
16. Anthony DuComb DC	57:37	57:00	3:03	5:00
17. Katrina Lundstedt SE (1st cruiser—female)	35:56	57:00	3:39	5:06
18. Matthew Towers DC	51:48	47:00	3:15	5:09
19. Tom Wilhelm SE	50:00	60:00	3:23	5:13
20. Laurel Condro SE	42:25	60:00	3:31	5:14
21. Tom Linthecum SE	50:17	61:00	3:38	5:23
22. Peter Molnar DC	45:33	62:00	3:42	5:27
23. Sunny McKee DC	43:09	60:00	3:43	5:29
24. Naphtali Offen DC	56:57	71:00	3:31	5:32
25. Andy Field SE	46:53	63:00	3:37	5:33
26. Mark Bason-Mitchell DC	48:52	61:00	3:29	5:35
27. Beth Stein DC	43:18	64:00	3:53	5:37
28. John Hornor DC	51:35	71:00	3:47	5:41
29. Jon Nakamura DC	40:31	67:00	3:56	5:42
30. Carlos Pineda SE	48:29	64:00	3:56	5:47
31. Mike Webb DC	48:09	67:00	3:53	5:49
32. Ken Coren DC	50:17	69:00	3:48	5:51
33. Margaret Keenan DC	42:58	66:00	3:52	5:54
34. Gretchen Coffman	56:25	76:00	4:04	5:55
35. Steve Anderson DC	70:10	69:00	3:41	5:57



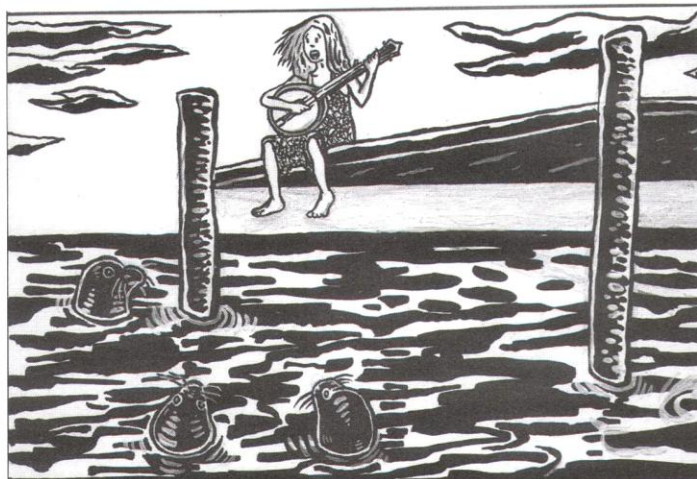
## DOLPHIN LOG SWIM STATISTICS

36. Carlos Ramirez SE	53:07	72:00	3:37	5:59
37. Gina Rus DC	44:54	65:00	4:08	6:00
38. Hal Cranston DC	47:59	70:00	4:04	6:08
39. Tom Callinan DC	50:44	63:00	4:25	6:21
40. Robert Smith DC	50:19	67:00	4:30	6:29
41. Mia Hershiser DC	57:46	77:00	4:18	6:39
42. Kathy Bailey SE	58:28	66:00	4:34	6:42
43. Robin Rome DC	54:59	—	4:36	7:47
44. Krist Jake DC	47:41	—	4:49	7:09
45. James Yee DC	82:22	—	4:18	7:20
46. Phil Taylor SE	65:13	—	5:52	7:25
47. Mary Cantini-Norkin DC	66:32	—	—	7:45
(oldest competitor)				
48. Lorna Newlin	59:32	—	—	8:52

**Test Swimmers:** Kent Myers, Jennifer Lamers

### RELAY TEAMS

PLACE/NAME	SWIM	BIKE	RUN	TOTAL
1. Vince Huang's Warriors DC				
Daniel Considine	36:03			
Tom McGraw		52:00		
John Dugan			3:04	4:33
2. Over the Hill Gang, NOT				
Mike Lagios	46:00			
Dominic Spinetta		76:00		
Russ Kiernan			2:34	4:36
3. Two Boys and a Girl				
Kevin Haugh	40:10			
Vince Huang		47:00		
Margaret Curtis			3:47	5:15
4. Susan & Suzie				
Suzie Dods	46:00			
Susan Herder		61:00		
Suzie / Susan			4:23	6:10



LIZA FITZGIBBONS TRIED EVERY INSTRUMENT BEFORE DISCOVERING THAT THE BANJO DID THE TRICK.



2008 Virgin Escapees

*Photo by Mark McKee*



Carrie Sloan ripses off after the swim portion of the triathlon

*Photo by Lolly Lewis*



Youngest and Oldest Competitors - Chris Loeffler (26), Krist Jake, Mary Cantini-Norkin, Tom Callinan (all 64)

*Photo by Mark McKee*



# DOLPHIN LOG SWIM STATISTICS

## Dolphin/South End Triathlon

OCTOBER 25, 2008

### ROW RESULTS

PLACE/NAME/CLUB TIME

#### WOMEN'S BARGE

1. SERC 10:19
2. DC 10:53

Sub-total DC: 0 SERC: 35

#### MAAS DOUBLES

1. Davis/Furano SE 22:01
2. Synderman/Coffman DC 23:26

Sub-total DC: 10 SERC: 25

#### MAAS SINGLE

1. Jeff Woodhead SE 25:22
2. J.Dilworth DC 26:21
3. Rachael Perry DC 26:31
4. Carston Self SE 27:01
5. Peter Sahmel SE 27:17

Sub-total DC: 15 SERC: 20

#### VIKING DOUBLES

1. Abbott/ Wheatley SE 36:41
2. Moore/Calder SE 38:25
3. T.Huang/O'Connor DC 43:08
4. Robinson/McNiff DC 52:06

Sub-total DC: 5 SERC: 30

#### HEAVY DOUBLES

1. Wurm/McBride SE 44:51
2. Allen/Newby SE 45:12
3. McLaughlin/Griff SE 46:02
4. Latta/Frew 59:22

Sub-total DC: 0 SERC: 35

#### HEAVY SINGLES

1. Auerbuch DC 54:31
2. Tom McInerney SE 54:51
3. Joe Boone SE 55:35
4. Grant Mays DC 57:07

Sub-total DC: 20 SERC: 15

SE Row Total 160  
DC Row Total 50

### SWIM RESULTS

PLACE/POINTS/NAME/CLUB

TIME

1. 20 Suzanne Heim DC 32:50
2. 19 Greg Kearney DC 33:30
3. 18 Chris Wagner DC 33:32
4. 17 Fred Ferroggiaro SE 33:34
5. 16 Bruckner Chase DC 33:40
6. 15 Darrin Connelly SE 33:58
7. 14 Julian Green SE 34:07
8. 13 Karah Nazor SE 34:30
9. 12 John Ottersberg DC 35:00
10. 11 John Renko DC 35:40
11. 10 Michelle Deasy SE 36:05
12. 9 Karen Rogers SE 36:10
13. 8 Todd Walsh DC 36:25
14. 7 Scott Haskins DC 36:40
15. 6 Jon Ennis DC 36:45
16. 5 Jeff Gunderson SE 37:03
17. 4 ?/????????/ DC 39:20
18. 3 Meike Labusch 39:24
19. 2 Chris Kelly DC 39:30
20. 1 Mark Stone SE 40:00
21. 1 Dan Considine DC 40:35
22. 1 Nigel Killeen DC 40:39
23. 1 Katrina Lunsted SE 40:50
24. 1 JP SE 40:56
25. 1 John Hathaway SE 40:59
26. 1 Brian Fitzgibbons DC 41:05
27. 1 Hendrik Merman SE 41:15
28. 1 Jeff Everette SE 41:24
29. 1 Joe Ferrero DC 41:38
30. 1 Phil Murphy SE 42:06
31. 1 Chris Chorak DC 42:08
32. 1 Keith Gray DC 42:10
33. 1 Mike Silva DC 42:39
34. 1 Ann Dunn SE 42:42
35. 1 Barry Naughton SE 42:52
36. 1 Marta Bechheoffer SE 43:10
37. 1 Barry McGuire SE 43:20
38. 1 John Carlstrom SE 43:35
39. 1 Arnie Oji DC 43:40
40. 1 Cathy Delneo SE 43:47
41. 1 Conor Power DC 43:57
42. 1 James McLongem SE 44:00
43. 1 Paul Saub SE 44:10
44. 1 Kristin Hutchins SE 44:17

45. 1 Anders Knox 45:00
46. 1 Julie Wahlig SE 45:38
47. 1 Todd Jordan SE 45:45
48. 1 Bonnie Brown SE 46:28
49. 1 John Stassen DC 46:50
50. 1 Joel Lanz SE 46:58
51. 1 Jonathan Maier SE 47:20
52. 1 Steve Johnson SE 47:30
53. 1 Brian Herrick DC 47:40
54. 1 Kristine Buckley SE 47:40
55. 1 Tom Paoli SE 47:55
56. 1 Chas DeFerrari SE 48:00
57. 1 John Flahaven SE 48:43
58. 1 Jason Prodoehl DC 49:20
59. 1 Rick David DC 49:25
60. 1 Alice Wong SE 49:34
61. 1 Andy Stone DC 49:44
62. 1 Drew Downs SE 50:10
63. 1 Tom Linthicum SE 50:27
64. 1 Beth Stein DC 50:48
65. 1 Suzie Dods DC 50:56
66. 1 John Paull II SE 51:12
67. 1 Paul Springer SE 51:20
68. 1 Chris Bruno SE 51:23
69. 1 Victoria Stein SE 51:33
70. 1 Jennifer Lamers DC 51:40
71. 1 Margaret Keenan DC 51:42
72. 1 Laurel Condro SE 51:51
73. 1 Ken Sturi SE 52:26
74. 1 Donna Borden SE 52:31
75. 1 Sarah Mehl SE 53:10
76. 1 Mike Laramie SE 53:20
77. 1 Dan Needham 53:38
78. 1 Joseph Delaney DC 53:40
79. 1 Chris Loeffler SE 54:05
80. 1 Rick Wheatley SE 54:10
81. 1 Neal Powers DC 54:48
82. 1 Julie Lock DC 54:55
83. 1 Pauline Yeckley SE 55:00
84. 1 John Payne SE 55:15
85. 1 Allison Kallhammer SE 55:30
86. 1 Mollie McKenna SE 55:35
87. 1 Andy Field SE 55:46
88. 1 Paul Irving DC 56:30
89. 1 EC Sharko SE 56:40
90. 1 Keving Brunner SE 58:00

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## DOLPHIN LOG SWIM STATISTICS

91. 1 Dean Badessa DC	58:10
92. 1 Marc Brandt SE	58:45
93. 1 Max Barnett SE	59:15
94. 1 Jim McCormick SE	59:43
95. 1 Johnny Diesal SE	60:00
96. 1 Allen Lueng SE	60:06
97. 1 Jerry Lowden SE	60:43
98. 1 Lolly Lewis DC	61:00
99. 1 Naphtali Offen DC	61:14
100.1 Adam Goldberg DC	61:30
South End Swim	Total 139
Dolphin Club Swim	Total 154

### RUN RESULTS

Distance: 7 Miles R/T to Ft. Point

PLACE/POINTS/NAME/CLUB	TIME
1. 20 Nobu Takahashi DC	40:18
2. 19 Joel Lanz SE	40:42
3. 18 Jim Grant SE	43:50
4. 17 Andy Schwaab DC	44:20
5. 16 Vince Fausone SE	46:25
6. 15 Eamon SE	47:41
7. 14 Russ Kiernan SE	47:45
8. 13 Chris Loeffler SE	48:12
9. 12 Jim Moore DC	48:34
10.11 Tom McInerney SE	48:38
11. 10 Conor Power DC	48:57
12. 9 Joe Donohoe SE	49:35
13. 8 Griff Behenke SE	49:51
14. 7 Mike Slattry SE	50:25
15. 6 David Hover DC	51:26
16. 5 Matt Bracco SE	51:33
17. 4 Don Daneil DC	52:20
18. 3 John Ottersberg DC	53:31
19. 2 Michelle Deasy SE	53:45
20. 1 Carrie Sloan DC	53:56
21. 1 Ted Tilles DC	54:18
22. 1 Tom Linthecum SE	54:20
23. 1 Anders Knox DC	57:31
24. 1 Roger Hansen DC	58:03
25. 1 Patrick Allen SE	58:20
26. 1 Bruckner Chase DC	58:41
27. 1 John Carlstrom SE	58:42
28. 1 Bill Ford SE	58:44
29. 1 Ken Coren DC	59:20
30. 1 John Dugan DC	59:22
31. 1 Allan Calder SE	59:28
32. 1 JP SE	59:45
33. 1 SE	59:49
34. 1 Todd Jordan SE	59:52
35. 1 Meike Labuscy SE	60:05
36. 1 Sunny Blende SE	60:08
37. 1 Rick Avery DC	61:45
38. 1 Petra Votava DC	62:40
39. 1 Doug Werthander DC	63:00
40. 1 Arnie Oji DC	63:16
41. 1 Naphtali Offen DC	63:30
42. 1 Eric Shupert DC	64:05
43. 1 Rory Moore SE	64:10
44. 1 Michael McPartlan SE	64:20
45. 1 Peter Boyle SE	64:42
46. 1 Jim Silla SE	66:35
47. 1 Marta Bechoffer SE	66:44
48. 1 Scott Nadle DC	71:00

49. 1 Marcie Daniel DC	71:25
50. 1 Karen Rogers SE	71:55
51. 1 Chris Choriele DC	71:56
52. 1 Andy Field SE	72:03
53. 1 Tracy McCormick SE	72:45
54. 1 Jim McCormick SE	72:47
55. 1 Julie Locke DC	74:27
56. 1 Keith Nowell SE	75:10
57. 1 Gretchen Coffman DC	75:30
58. 1 John Hornor DC	75:44
59. 1 Kathy Bailey SE	76:47
60. 1 Marty Maricle SE	78:18
61. 1 John Paul II SE	78:29
62. 1 Max Barnett SE	78:33
63. 1 Laura Lent SE	78:52
64. 1 Chas DeFerrari SE	79:00
65. 1 Dan Needham SE	79:05
66. 1 Cathy Howard SE	79:37
67. 1 Stephanie Gerk SE	79:37
68. 1 Katrina Lunsted SE	79:37
69. 1 Andrea Roth SE	80:30
70. 1 Hendrik Merman SE	81:08
71. 1 Bryce Goeking SE	81:23
72. 1 DC	81:44
73. 1 Susan Herder SE	82:12
74. 1 Era Osibe DC	82:23
75. 1 Pat Cuneen SE	83:20
76. 1 Sherie Michaille SE	84:20
77. 1 Bob Geibler SE	85:04
78. 1 Eric Shackelford DC	85:30
79. 1 Allen Luong SE	88:00
80. 1 Suzie Dods SE	92:36
81. 1 Tracey Corbin DC	92:36
82. 1 William Newby SE	93:27
83. 1 Paul Saub SE	93:00
84. 1 Dan McLaughlin SE	93:55
85. 1 Cathy Bump SE	98:50
Dolphin Club Run	Total 95
South End Run	Total 180

### 100 Mile Swim

JUNE 1 - OCTOBER 31, 2008

1. Joe Omran	223
2. Lolly Lewis	150
3. Joe Illick	142.5

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4. Kent Myers	125
5. David Rich	122
6. Scott Anderson	120
7. Rory Enke	120
8. Alex Buehlmann	116.5
9. John Ingels	112
10. Neal Powers	108.5
11. Chris Wagner	107
12. Naphtali Offen	106
13. Phil Scarborough	103
14. Hugh Kim	102
15. Daragh Powers	101.75
16. Tom Hoffman	101.5
17. Nancy Cutler	100.5
18. Nigel Killeen	100.25
19. Laura Burtch	100
20. Nobuya Takahashi	100
21. John Ottersberg	100
22. Amber Rhett	100
23. John Renko	100
24. Margaret Keenan	100
25. Ralph Wenzel	100
26. Pavla Podolska	100
27. P. Condidi	100



### Going to see the Elephant

A novel by  
Rodes Fishburne

"Rodes Fishburne is  
a marksman hunting  
down first-novel fame,  
and he never misses."  
—Tom Wolfe

<http://rodesfishburne.com>



## On Docks & Ducks

I am constantly bombarded with interesting, soul-searching questions at social events, so I can fully empathize with lawyers and doctors who are assaulted at cocktail parties by desperate free-loaders looking for insight into their particular legal problems or latest rash. I too must fortify myself against the onslaught of people who learn that I am a classics master. "You teach Latin!?" they ask. "Oh, excuse me, there goes someone I know."

But in my role as a student of Latin, I very much enjoy those occasions when I learn some bit of the language that provides profound commentary on what has transpired in my own life, some insight said long ago by someone who was infinitely more accomplished by the time he was seven years old than I could be given seven lifetimes.

Late one Saturday night while editing wikipedia—yes, I am one of those unsung heroes—I came across the imposing figure of Christopher Wren, an architect who should have worn a red cape and suffer from anaphylaxis around meteors. Within his greatest achievement, London's St. Paul's Cathedral, lay some of the greatest Englishmen ever to have eaten bangers n' mash — masters of letters, commanders of the oceans, peerless nabobs, debauched merry-makers. They are given elaborate sarcophagi, beautiful tombs and statues, and resounding tributes. For the man who was born to a city of brick and left it one of marble, there is only a small plaque to commemorate his contributions, but it is a reminder that in attempting to estimate a person's achievements, their work stands as the best testament to their power and influence. The plaque reads:

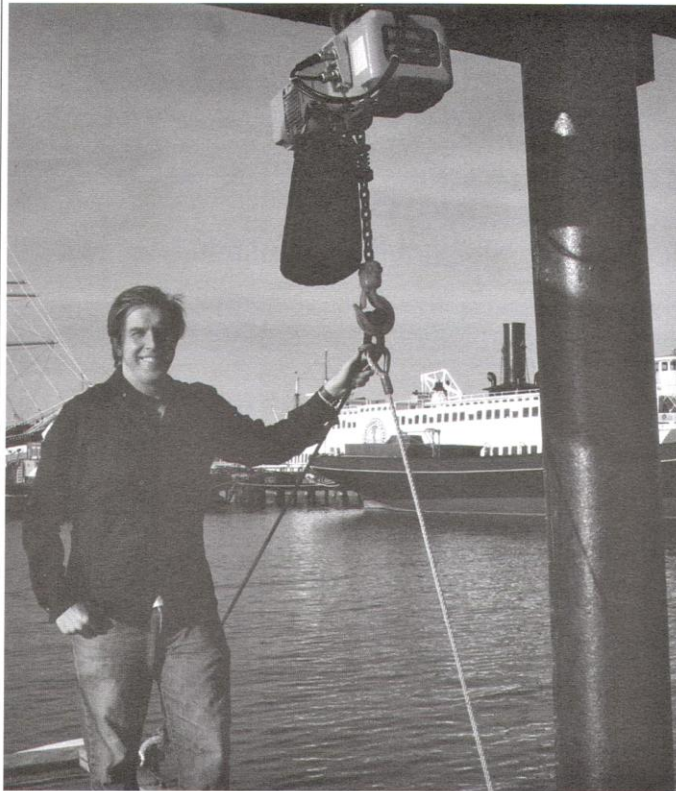
*Lector, si requiris mounumentum, circumspice.*

(Reader, if you require a monument, look around you.)

When you look out at our new dock, think of the men and women who brought it back to us. Give a pat on the back to members of the Building Committee and Building Fund again and again. They are the ones responsible for a meticulous, yearlong process of planning and executing the remodeling of that erstwhile piece of swiss cheese that had been imitating a dock.

Specifically, Pete Bianucci, Dan McGill, Dan Osborne, Dan Taaffe, Bill Burke and Martin Zeleznik are those Building Committee members who showed up every month and more to make the dock a possibility. We owe a tremendous debt for their tenacity to this project and their efficiency in seeing it through to the end. Meg Reilly authored more than her share of permits to make sure that no less than four authorities

## PRESIDENT'S REPORT



BY TOM KELLER

provided blessings.

In considering the accomplishments, ask yourself: isn't it refreshing to raise and lower the dock without resorting to a sundial to time its completion? In addition, as you have probably noticed, isn't it extraordinarily clean looking, unhampered by the extra lumber blocking the skyline and profoundly improved by Occam's razor and a Milwaukee sawzall? But, most of all, it's a masterfully orchestrated dock, organized by members entirely, funded by Dolphins exclusively. About half of all the money we spent on the dock came from you, and after it was trusted to the Building Fund for, appropriately, nine months, the new dock was born. Every committee tightened its belt to accommodate a lean budget. Innumerable meetings were held over the last two years to assure that the project was a success. If you require evidence of this

success, *circumspice*.

Finally, a last request. As a lame duck, I feel I can write whatever I like and so I will say this: keep giving to the Building Fund! As any duck knows, it is smooth sailing above, but fundraising, like working on piles, is all paddling and work underneath the surface. We owe a great debt of gratitude to Sunny McKee and the Building Fund Committee for their diligence as well as the careful budgeting by the Treasurers, Rick Avery and Joe Cowan. A major concern was draining the Building Fund down to zero. Many thought that the dock represented why the BF exists. Fortunately, thanks in great part to the Committee McKee, cooler heads prevailed and a furious fundraising campaign was launched.

Because having the Building Fund in existence is why the club marches on so steadily, please consider this limping, anatine appeal. The Building Fund is there when something unusual occurs like a dead dock or a vengeful fit of destruction by Shiva. The fund is alive and well and will happily accept further contributions. This holiday season, instead of buying your nephews Guitar Hero, consider making a check out to Parks Trust. It feels good to do, like a dip in the water or row on the bay, and definitely falls on the Santa friendly side of the naughty or nice spectrum.

Many thanks, 'phins, for a great two years. It has been a great pleasure to serve as your president, preside over many important issues, and smoke the occasional executive cigar. My last act as lame duck, will be to waddle on down to the DC, and cut a check to our Building Fund. It doesn't take an executive decision to do this; just belief in the well-being of your club.





The Dolphin Swimming  
& Boating Club  
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San Francisco, CA 94109

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## DOLPHIN CLUB SWIM & EVENT SCHEDULE 2009

### 2009

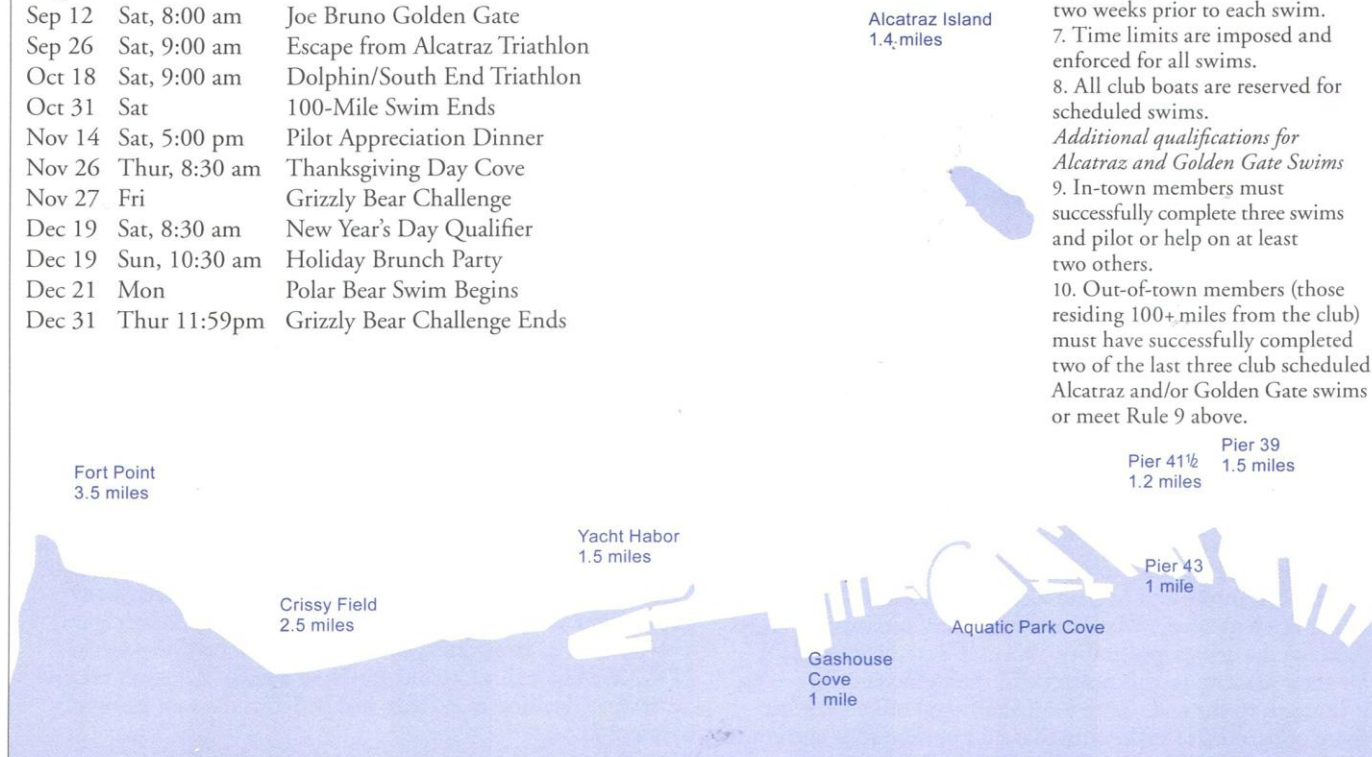
Jan 1	Thur, 8:30 am	New Year's Day Alcatraz
Jan 17	Sat, 7:30 am	Pier 41
Feb 8	Sun, 8:00 am	Handicap Cove
Feb 14	Sat, 1:00 pm	Old Timer's Lunch
Feb 28	Sat, TBD	Gar Woods Polar Bear (Lake Tahoe)
Mar 21	Sat	Polar Bear Swim Ends
Mar 22	Sun, 7:30 am	Gas House Cove
Apr 25	Sat, 9:30 am	Yacht Harbor
May 10	Sun, 8:30 am	Dick Beeler Crazy Cove
May 30	Sat, 7:45 am	Bay Bridge
Jun 1	Mon	100-Mile Swim Begins
Jun 21	Sun, 8:15 am	Crissy Field
Jun 28	Sun, 7:15 am	Pier 39
Jul 4	Sat, 7:15 am	Fort Point
Jul 12	Sun, 9:00 am	Walt Schneebly Over 60 Cove
July 18	Sat, TBD	Trans Tahoe Relay
Aug 1	Sat, TBD	Santa Cruz One Mile
Aug 15	Sat, 5:00 pm	Over 45 Twilight Gashouse Cove
Aug 23	Sun, 8:30 am	Alcatraz
Sep 12	Sat, 8:00 am	Joe Bruno Golden Gate
Sep 26	Sat, 9:00 am	Escape from Alcatraz Triathlon
Oct 18	Sat, 9:00 am	Dolphin/South End Triathlon
Oct 31	Sat	100-Mile Swim Ends
Nov 14	Sat, 5:00 pm	Pilot Appreciation Dinner
Nov 26	Thur, 8:30 am	Thanksgiving Day Cove
Nov 27	Fri	Grizzly Bear Challenge
Dec 19	Sat, 8:30 am	New Year's Day Qualifier
Dec 19	Sun, 10:30 am	Holiday Brunch Party
Dec 21	Mon	Polar Bear Swim Begins
Dec 31	Thur 11:59pm	Grizzly Bear Challenge Ends

### ROWING TRAINING

On the these Saturdays  
beginning at 9:00 am:  
January 24, Saturday  
February 21, Saturday  
March 21, Saturday  
April 18, Saturday  
May 23, Saturday  
June 20, Saturday  
July 18, Saturday  
August 22, Saturday  
September 19, Saturday  
October 24, Saturday  
November 21 Saturday  
December 19, Saturday

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. For out-of cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
6. Swim sign-up sheets are posted two weeks prior to each swim.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.  
*Additional qualifications for Alcatraz and Golden Gate Swims*
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.





SPRING 2009

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

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Sunny McKee

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Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.



*Celebrating at the Old Timers Luncheon*  
Photos: Meg Reilly

## From the Desk of the Financial Secretary

**Change of address:** If you have recently changed your address or if you do so in the future, please remember to alert the Club so that we can get your billing information to you in a timely manner.

**Senior Discount:** Some members have been surprised to hear that we have a senior discount for those who are not yet life members but are 65 or over. We would love to automatically apply the discount of 10%, but we do not have the birth dates in our system for all members. Please inform us if you are eligible.

If you have questions about your membership or billing status, please feel free to contact me. The best way is via email at [ottersberg@aol.com](mailto:ottersberg@aol.com), or if you would like, you may call me at 415-722-7894.

—John Ottersberg



EVERY THIRD THURSDAY OF THE MONTH, LUISA AND ELENA LAVALETO SAW THE GHOST OF A SMALL GIRL FLOATING ABOVE THE WAVES. WHILE LUISA WAS FRIGHTENED BY THE APPARITION, ELENA BELIEVED SHE COULD COMMUNICATE WITH THE CHILD BY MIMICKING HER GESTURES.





*Mary Cantini holds a dead bird found on Ocean Beach*  
*Photo: Sunny McKee*

## **S**an Francisco Oil Spill Responder, Mary Cantini, Named Volunteer of the Year by National Marine Sanctuary Foundation

Dolphin Mary Cantini, a long-time volunteer for the Gulf of the Farallones National Marine Sanctuary, who helped conduct beach monitoring and clean-up efforts during the Cosco Busan Oil Spill in San Francisco, was named volunteer of the year by the National Marine Sanctuary Foundation at a ceremony in Washington DC last June 3rd.

"Mary is an incredible role model for citizen involvement in NOAA's work to protect the marine environment," said Lori Arguelles, president and CEO of the Foundation. "Her dedication, skill and tireless efforts during a major oil spill contributed valuable information to the Gulf of the Farallones National Marine Sanctuary and authorities in their subsequent clean-up efforts."

Since 1999, Mary has contributed to the science and resource protection of the Gulf of the Farallones National Marine Sanctuary by assisting with two important research programs. As volunteer for the Sanctuary Education and Long-term Stewardship (SEALS) program she documented disturbance to harbor seals at one of the pupping sites where pup mortality was increasing due to

visitor disturbance. This research aided the sanctuary in identifying the causes of disturbance and in implementing measures to halt and then reverse mortality rates.

In 2005, Mary began systematic monthly surveys under the Beach Watch volunteer program of China Beach and Ocean Beach, establishing a data baseline on the wildlife and physical profiles. In November 2007, during the Cosco Busan oil spill, both beaches were fouled, China Beach especially heavily.

The first day after the spill, Mary changed her office hours to start work at 4:30 a.m. so she could begin surveys at her assigned oiled beach in the pre-dawn dressed in HAZMAT (hazardous materials) protection outerwear and laden with sampling gear. She put her regular life "on hold" to aid the spill response efforts. Mary carried out these surveys into mid-January, logging 76 spill hours, driving 295 miles, and patrolling 23.5 km of beaches.

"Despite working under the stress of the emergency, Mary was outstanding," said Farallones sanctuary superintendent Maria Brown. "She contributed first, by providing a baseline of data on coastal wildlife before the spill. And then, during the spill response, her special surveys helped to inform the Unified Command on where to deploy cleanup crews."



*Mary Cantini documents dead birds found on Ocean Beach*  
*Photo: Sunny McKee*



*Andrew and Randy Pinetti cruising the bay*  
*Photo: Emily Roth*



# The Cost of Happiness

Few things can lift the soul as much as a swim at Aquatic Park followed by a hot shower and a spell in the sauna. But have you ever wondered how much water we use in a month at the Dolphin Club and how much we pay for that water? Or how much natural gas and money it takes to heat that water? Do you have any idea of the cost in money and electricity to keep two saunas at 200 degrees Fahrenheit for 18 hours a day? The Club's Building Committee wants to educate members about our current use of energy and resources. We also want to hear from members as we explore ways to reduce the environmental impact of club activities, use less water and energy, and reduce the money the Club spends each month.

Over the past two years, water use at the Club has

bills have been even higher – and could be higher again.

What about electricity? For the period from December 12, 2008 to January 12, 2009, the Club paid PG&E \$1392.50 for electricity. Greg Simon, a member with a strong interest in solar energy and electric vehicles, has very generously donated a 3.4 kilowatt solar electric array to the Dolphin Club that will be installed soon. If you see Greg around the Club, be sure to thank him! But keeping those saunas 135 degrees above the ambient temperature uses a lot of energy! The solar array, though large enough to offset the annual electricity use of a moderately sized home, will only provide about five percent of the Club's annual use. Nevertheless, coupling this system with reductions in our demand for electricity will lessen our impact on the environment and our contribution to global warming.



*Such showers will soon be a luxury of the past as the club—and its members—adapt to tight water usage rules.  
Photo by Sunny McKee*

averaged between 3500 and 4000 gallons of water per day. In June of 2008, we used 5236 gallons per day. For the entire year of 2008, Dolphins used 1,344,940 gallons of water. A typical monthly water bill is about \$1800. The Club has two natural gas-fired boilers that heat water for our showers. Natural gas currently costs about \$0.70 per therm, and our monthly bill for natural gas has recently been about \$1500 per month. You may remember that a few years ago gas topped \$1.20 per therm, so previous

Even with the late winter rainstorms, California is in the midst of a water shortage. After several dry winters, reservoirs are low. In addition, the impact of rising global temperatures on California's long term water supply is not good. With rising seasonal temperatures, even if the precipitation comes, more of it will arrive in the Sierra as rain, not snow. California relies on the gradual melt of the Sierra snowpack to provide water during our warm and dry summer and autumn months. Less snowpack means we won't have the water when we need



it. As a state, and as individuals, our water and energy consumption are linked.

Gov. Schwarzenegger has declared a statewide drought emergency. He urged urban water users to reduce consumption by twenty percent. San Francisco has voluntary use restrictions in place, but mandatory restrictions are on the horizon. If the club does not reduce water use under mandatory restrictions, we face fines. Farther down the road we could face the day that one of us turns on the shower and it's dry.

So how can we use less water and energy? The San Francisco Water Department recently conducted a water use evaluation at the club and offered a number of recommendations we plan to explore and/or implement in coming months.

Most of our sinks already have flow limiters. We plan to install all new faucet aerators and to regularly clean and/or replace them to assure they perform satisfactorily.

While most of our existing toilets were designed to use 1.6 gallons per flush (gpf), some of them flush for too long, using additional water. With minor cleaning and adjustments, followed by regular maintenance thereafter, we can get these devices to work as intended. It's also possible to retrofit dual flush handles onto existing toilets. Pull the handle up and the toilet uses 1.1 gpf. Push it down and use 1.6 gpf. These devices cost around \$40 each. So, ladies, if we install them will you use the 1.1 gallon option? And guys, don't feel left out! Our current urinals, with one exception, use 1.0 gpf. With a retrofit kit, we can reduce this to 0.5 gpf.

## Even with the late winter rainstorms, California is in the midst of a water shortage.

Let's talk about showers. In the best of all possible worlds, we could take long hot showers and use endless amounts of water. With the governor declaring a water emergency, rationing likely, and given the fact that we pay a lot of money for water and natural gas, we're looking at low-flow showerheads. It's not to deprive you of one of life's pleasures but to deal with the water shortage and to keep costs down.

Shower heads are one component of a good shower. Many low-flow showerheads create very small droplets. Your skin doesn't feel wet and the water rapidly loses heat to the air. Some new low-flow shower heads produce fairly large water droplets that result in good heat retention and body wetting. We would like to begin installing these in the showers and get your feedback.

A second component is the distance from the shower head to your hair or skin. Temperature and force of flow drop off rapidly as you move away from the water outlet. Installing an adjustable arm extension allows you to move the shower head closer to your hair and skin, improving the

quality of your shower even as you use less water. Again, we'd like to install several of these and get your feedback. If we use less water we'll also use less energy to heat it.

A solar water system could offset about 65 percent of the energy we use for water heating. At the Dolphin Club, storing the hot water is the complicating factor. We use between 3000 and 4000 gallons daily, with much of that use early in the day before the sun can heat much water. A solar system could heat 2000-3000 gallons of water in the afternoon, but the hot water would have to be stored until the next morning. We would likely need to locate large storage tanks beneath the building, requiring excavation. Given the recent pier repair, the cost is prohibitive at present. In the interim, we are exploring retrofitting or upgrading our existing gas boilers to make them more efficient.

About two years ago, the Club retrofitted many of the electric lights in the building, installing new fluorescent lamps that use less energy and have improved color rendition. This led to a noticeable reduction in our bill. When daylight is available you can save even more energy and money by turning the lights off! While this isn't possible in all areas of the club, please turn off the lights in the locker, toilet, and shower areas when there is adequate daylight from the skylights.

The saunas are the source of much of our demand for electricity. It takes a lot of energy to keep these rooms at 200 degrees Fahrenheit. Sauna heaters don't vary much in their efficiencies, so simply replacing the equipment won't save energy. Improving the seals at the sauna doors, and possibly the doors themselves, could make a significant difference. This is something we'll explore in the future. Significantly upgrading the insulation around the saunas would save a lot of energy. The difficulty lies in gaining access to the exterior walls of the saunas, which would need to be opened up, covered with additional insulation, and refinished. This is not an easy job because it would also require removal and reinstallation of a considerable number of lockers.

Timers that turn the sauna heaters off after a period of time are another option and have been used in the past. Obviously, this strategy requires members be educated to make sure the heater is on before heading into the water. Timers will only save energy if there are long periods when the saunas are unoccupied. Placing occupancy sensors inside the saunas to record precise hours of occupancy is a next step. With data, we can consider the timer option and get input from members before taking any action.

These are some of the ideas we are considering. If you have suggestions, thoughts, or concerns about strategies for saving energy and reducing the environmental impact of club activities, we encourage you to attend a Building Committee meeting or to contact Bill Burke or Tom Keller. You can reach us by email at [buseburke@sbcglobal.net](mailto:buseburke@sbcglobal.net) and Tom at [chairsoi@yahoo.com](mailto:chairsoi@yahoo.com). The Building Committee meets at 5:00 pm on the first Wednesday of the month in the Sancimino Room.



## Risks...

### *Angels out of the blue*

Dear Swimmers (and Pilots),

I had a choice last October 25th either to run with my friends on Mt. Tamalpais trails or to swim with the Dolphin Club and make a point for the team competition. I chose the latter—but I didn't earn the point.

My training for the event wasn't the best. I had been swimming during summer in the cove's tropically warm 60° water, usually to the flag twice; it would take about 45 minutes. I thought I could do the race easily enough. It was only a mile and we expected a good flood.

On race day, the water temperature had dropped to 57°. Almost immediately, my goggles soon started leaking and I wasted much swimming time trying to adjust them. I soon fell far behind among the last swimmers. I swam and swam but progress was slow. There was no flood tide, maybe even a reverse eddy? I felt fine, comfortably numb from the cold, but I was frustrated by my lack of headway. A few times pilots guided me and checked if I could talk and respond coherently. After about 30 minutes in the water, it did take a bit of concentration and effort to try to respond and speak. This mental effort should have alerted me that I was getting hypothermic, but my calm response fooled the pilots into thinking I was okay, and I thought I was okay. About five minutes another pilot asked me if I wanted to get into the boat. I was feeling weak and figured that my progress was too slow, so I agreed and climbed aboard. He rowed a few minutes toward the club while I rested. As we approached the cove, I was feeling pretty good and about 300 yards from the cove opening, though still pretty far out from the Fort Mason bluff, the pilot asked if I wanted to swim in for the finish. I was feeling much better and it must have appeared to him that I had lots of energy left. A big mistake on both our parts. I accepted the offer, and jumped back in, unaware that I had no good mental judgment and that my hypothermia was continuing to get worse.

After only about a minute, lifting my arms was beginning to be difficult. I began to dog-paddle. The water was choppy. I looked around. The pilot was gone and I could see no boats or swimmers. The Fort Mason bluff was far, far away. Swimming was beginning to be an effort and I started to worry. I looked around again and again saw no one. I began to get scared.

Amazingly, Susan Herder of the South End was actually swimming right beside me, although I hadn't seen her. But she saw me. She saw that I was falling back, so she swam to me just as my panic was setting in. A real live angel had appeared! This was amazing good fortune and I am



## An Errant Tide

BY PETER ROYCE

extremely lucky and so grateful to Susan. How many swimmers are that observant?

I told her "I can't swim anymore". She waved and to my great relief a yellow kayak arrived. I hung on to the bow, exhausted. The pilot raised his paddle and soon a couple of other boats arrived and raised their paddles. The Zodiac arrived and the pilot pulled me aboard like a fish. When we arrived at the beach I couldn't walk without support. In the shower I couldn't stand, my body sensations told me that something was drastically wrong. I was semi-conscious as in a dream. I found out later that my body core temperature had dropped to 88° - very dangerous. I remember in my dream-like consciousness that I was focused on the ceiling and faces looking down at me. I began feeling comfortable. Perhaps it was the time I was in the sauna. I heard sirens quietly in the background. More faces looked down at me. I watched the ceiling and windows moving along as I was transported on a stretcher to the ambulance. I saw buildings moving by outside the ambulance window...then I woke up in intensive care all wired up for monitoring. I was under a hot air blanket (what's that?). It took six hours to warm back up. The monitoring was checking to see if there was stress damage to my heart. After 24 hours I left the hospital, luckily with no ill effects.

My wife Rose was always apprehensive when I swam too far out; now I'm grounded.

Writing this is my celebration of life. The odds of being rescued were so slim, that every so often, I have scary thoughts about how extremely lucky I am to still be here with all my friends and to live in the best place in the world. Usually, we take our good fortune for granted. Not anymore. I want to thank everyone who helped me, especially my angel Susan!

I also want to show you how insidious hypothermia danger is. Enjoy your swims and be careful.





# A Critical Moment

BY SOPHIE TAGGART

More often than not, we live our lives without thinking about the causes and conditions that contribute to our various experiences. However, once in awhile, a situation is dramatic enough to force us to take time for reflecting on how a series of events lead to being at a certain place at a certain moment. The following is one of those reflections.

It all began this year on Saturday, February 21, the second day of the Ocean Film Festival at Fort Mason, when Cecile, the woman who had introduced me to swimming in the Bay 34 years ago, was having her film debut "Better Than Sex," a short treatment of swimming and love-making. Afterwards, we celebrated with her family and friends at Green's Tassahara Restaurant. At that lunch Cecile and her daughter Deirdre recounted an incident in which they had swum beside a fellow they thought was drowning but was merely drunk. When he grabbed Cecile, Deirdre slugged him. In the course of this episode, they got to shore, and he walked away. This story was to play a part in my life three days later.

On Tuesday morning, February 24th, my prosthodontist appointment was cancelled and I drove to the Dolphin Club thinking, "If I can't park easily I won't stay." But I could and did. No one to chat with in the locker room, so I descended to the beach and yoga in the sun. I wasn't sure I wanted to enter the icy water, but an emerging bather said it was "magnificent." I jumped in and got halfway to the flag before the cold turned me back.

I noticed an orange-capped swimmer near the third buoy out. I thought I heard "help" and swam closer.

"Are you all right?"

A desperate, "Help, helppppp, helppppp" I flashed on Cecile's and Deirdre's story. "Don't grab me—I'll pull you in."

I didn't know who he was; as he threw his right arm towards me, he flipped onto his back. I reached under his shoulder and headed for the shore, yelling at several people

on the beach, "Call 9-1-1, call 9-1-1!"

I glanced over my right shoulder several times and could see his face was going underwater. With only a few yards off shore, his torso and head became completely submerged. I frantically tried to lift his head up as I yelled louder, "Call 9-1-1!" to the bewildered spectators.

As soon as I felt sand under my feet, I hollered to a man nearby, "Help me get him on the beach, help me!" The guy ran over, reached under the other shoulder, and we pulled him out of the water. He was literally white, and his belly was so distended it looked like an over-inflated balloon.

I pushed him onto his side and frothy water gushed out of his mouth with enormous force. People were gathering around, and I was reassured someone had called the ambulance. Someone asked me his name—I didn't know, only his orange cap made me think he was a Dolphin or a South Ender. With others around him, I ran to the Dolphin Club, pounding on the door, ringing the bell over and over again until Lou Marcelli opened it.

"What going on?"

"A swimmer. I think he's a Dolphin. He's drowned. I don't know who he is—go identify him."

Lou handed me a blanket and I ran back to cover the swimmer, hoping he was still alive. An ambulance had arrived, and Lou identified him as Herb Madden, a Dolphin member.

After calling several hospitals without success in finding Herb, I called the Club and Lou told me to contact Herb's daughter, Colleen. He'd been taken to California Pacific Medical Center where his lungs and stomach had been irrigated. He was conscious but totally exhausted.

I was so relieved he was alive. Although Herb's recovery was complicated by pneumonia, he is here to celebrate another day.

Looking back, it almost seems uncanny how each event allowed me to be available in that critical moment. Now I have another reason for loving the Bay.

Should a swimmer be  
tempted by the siren call of  
the sea, pilots must strap  
them to the mast.





Photo: John Perino

DOLPHIN CLUB LI





F E M E M B E R S   2 0 0 9



# It's All in the Mind

BY KEITH HOWELL

We all know that cold water swimming is good for us. We talk about it all the time. We don't often get sick or catch colds. Sure, shoulders give out periodically, but put beside our peers, don't we invariably come out ahead? A little more lively, more curious, a wider smile, a twinkle? So why, when you put "swimming" and "coldwater" into the search engines to find the reasons for this phenomenon, all you generally read about are warnings against hypothermia? Isn't it time someone corrected this imbalance. Time was that alcohol had no redeeming healthy qualities. It was just a cause of drunkenness, cirrhosis, sleeping disorders, sexual problems, infections of the esophagus/stomach/pancreas, dementia, etc, etc. Then we learn from the French that a little red wine can lead to a healthy heart, and from the English, that a glass of sweet stout is full of iron and vitamin B. Time was when bathing itself was thought (by Anglo-Saxons) to be injurious.

But search a little deeper and a few gems emerge from the sand. In an article on the on-line site "My primetime," Dolphin Club member Nancy Freidman writes eloquently about her first exhilarating experience in the Bay. The writer then interviews someone from the American Council on Exercise who can only worry about hypothermia. Must be a lawyer.

Yet cold water bathing if not swimming has a noble history. In the first century B.C. the Romans immersed themselves as a cure for stomach problems and headaches. Emperor Augustus popularized the custom after cold mineral baths cured his abscessed liver. His physician was amply rewarded.

Jonathan Buckley on the on-line site Positive Health writes that cold water is known to stimulate the hypothalamus and release endorphins, hence that exhilarating feeling that emerges in the sauna. Just ask a Finn. Or read *Ice Ecstasy*, written by journalist Pasi Heikura, anthropologist Taina Kinnunen and forensic medical specialist Pirkko Huttenen. Not that I've been able to find a copy. I'm not sure it was ever translated. Put those two title words together and you invite censorship.

According to the website womannova.com, the hormonal immune system may be enhanced in myalgic encephalomyelitis (ME) sufferers by taking daily cold baths, and the "healthlibrary" website reports that women who have painful periods may benefit from cold baths between periods (followed by hot baths on alternate nights).

Those with more competitive aspirations may want to listen to ex-swimming champion Ron Karnaugh who reports how East Germans pioneered a training technique called shrinkage (not what you're thinking). Cold water was thought to let you train harder and more often without sore muscles by helping drain away lactic acid, which creates the 'burn' sensation. And German doctors found that year-

round swimmers in Berlin have half as many chest infections as others. Swimming in freezing water following a sauna, they say, increases resistance to chest infections, and makes one more resistant to oxidative stress. Swimmers' bodies have increased quantities of the antioxidant glutathione, and elevated levels of enzymes that enable the body to remove reactive oxygen more quickly.



*Carol Watson (2nd from left) joins native swimmers for a cold dip in the Serpentine, Hyde Park, London*

Dr Werner Siems, a biochemist at Herzog-Julius Hospital in Bad Harzburg, is quoted in an article in UK's *The Independent*\* as saying. "Modern life has a deficiency of stimulating factors such as cold, heat and physical stress and this results in poor resistance to disease. Brief exposure to cold causes a mild oxidative stress which may prepare the body to resist a greater stress." Amen.

Apparently in Russia, this is referred to as the Ivanov therapy after an enthusiastic exponent. It's especially recommended for expectant mothers and those with persistent fatigue syndrome, and has been tried out on newborns with no known ill effects—but don't quote me.

Perhaps we didn't have to rely on sauna gossip and our own vitality? Or perhaps we'd prefer that doctors and judges didn't start prescribing weekly visits to the Dolphin Club to cure what ails them.

\*<http://www.independent.co.uk/life-style/health-and-wellbeing/health-news/cold-showers-are-good-for-you-official-738026.html>



## OARS D'OUEVRES: BOAT CAPTAIN'S REPORT

The Dolphin Club is truly a 'living museum': it has one of the largest and most active vintage wooden boat fleets on the West Coast. The flagship of the fleet is a Whitehall named the Wieland, a six station 'pleasure' barge built in 1887 to honor one of the founding members of the club. This magnificent period piece of wooden boat craftsmanship was fully restored in our boatshop by the dedicated Tuesday Boat Night volunteers guided by the talented and skilled boatwright Jon Bielinski. The Wieland is complemented by double and single Whitehalls with names of club members from a bygone era. Meanwhile, two Viking doubles are patiently waiting for the delivery at the end of this summer of a Viking single, the Kohlenberg. We also feature an array of non-historic boats: open water single and double shells, kayaks, surfboards, and three motorized craft (the Arias and two inflatable Abs the safety net for any swim and the objects of the keen attention and mechanical talents of Barry Christian).

Tuesday Boat Night brings together the dedicated volunteers who are the heart and soul of the maintenance of the fleet. Without these people the boats would slowly sink into the abyss of disrepair, in which case the out-of-cove swim program would end. I urge you to attend the weekly session—Tuesday evening from 6 to 9 pm—which features a delicious dinner as a reward to the volunteers.

Of course no fleet would be worthy of the name without competent skippers. Our Boat Training Program trains and qualifies by test each of its participants before he/she may use any watercraft in the fleet. The wooden boat training also provides a session on tides and currents. Only club members who have qualified for the specific watercraft can use them. (Guests are never allowed to operate the boats.) The training class is typically conducted on the Saturday following the monthly Board meeting to become a qualified rower it is necessary to attend class from 9am to 3pm and complete and pass the written, oral and water skills tests. For those who aspire to pilot any of the swims, a training class is conducted on a quarterly basis to establish, develop and refine vitally important skills such as reading the currents, maintaining a proper position relative to a swimmer, and communicating with other watercraft. In addition, the rowing program conducts sessions throughout the year to improve the knowledge of water conditions in the bay and to refine rowing techniques (including an introduction to long-distance destination rowing).

These several activities are the responsibility of the Dolphin Club boat captain, a fact that should reassure swimmers of the out-of-cove swims. The experiences of both swimming and rowing the waters of San Francisco Bay depends on the bond between swimmers and pilots; it is unique, memorable and transforms blood to Bay water in your veins.

—Ruben Hechanova



Reuben Hechanova

### Regattas

#### Open Water Regatta dates:

April 19th, Sunday, Open Water Regatta, hosted by Open Water Rowing in Sausalito, details at [www.owrc.com](http://www.owrc.com)

June 13th, Saturday, North Tahoe Rowing Regatta, hosted by Tahoe Yacht Club, <http://www.tahoeyc.com/rowing.php>

August 29th, Sunday, North American Open Water Championships, Newport Rhode Island, <http://www.openwaterracing.com/>

#### Flat Water Race Dates

June 7th, Sunday River City Rebellion, West Sacramento, details at [www.regattacentral.com](http://www.regattacentral.com)

July 12th, Sunday US Rowing South West Masters Championships, Lake Merritt, Oakland details at [www.regattacentral.com](http://www.regattacentral.com)

June 26th - June 28th Fri-Sun US Rowing North West Masters Championships, Vancouver Lake, Vancouver, WA, details at [www.regattacentral.com](http://www.regattacentral.com)

#### Grizzly Bear

2008 Grizzly Bear Challenge was a ROARING Success. The 2008 GBC saw its largest group of ergers since its inception in 2006. We had a nice mix of Rowers and Swimmers and a record number of 100,000 Meter ergers. All those who completed 100,000 or more meters receive a Grizzly Bear T (designed by Jim Frew) and a sore butt! 100,000 Meters of erging is roughly 7.5 hours of GRRRRRR.

1st Gary Ehram 150,000

1st Andy Kerr 150,000

2nd Laura Atkins 104,000

3rd Jim Frew 102,000

4th Ted Levinson 101,000

5th Diane Schatz 100,000

Renee deCossio 88,000; Tom O'Connel 88,000; Racheal

Perry 72,000; Elaine Buckholtz 60,000; Jerry Jacoby 60,000

Travis Kennedy 41,000; Margaret Keenan 38,000; Jackie

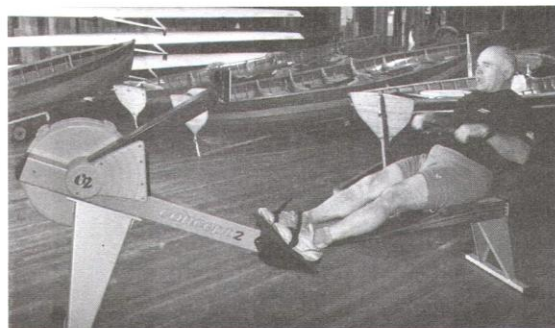
Merovich 38,000; Diane Walton 34,000; Pedro 32,000;

Mary Magoscy 18,000; Mark Robinson 12,000;

Lolly Lewis 12,000; Gretchen Coffman 10,000;

Justin 10,000; R. Kearns 8,000; Corinna Witt 7,500;

Keith 3,000; Graham 1,000



Gary Ehram rowed himself to a 1st place tie in the Grizzly Challenge  
Photo: Sunny McKee



# DOLPHIN LOG SWIM STATISTICS

## Swim Commissioner's Report

The Polar Bear Swim started off as it often does, with some real dedication by a few hearty individuals. Laurin Weisenthal completed the Polar Bear in a record 2 days and 12 hours! She did this with the help of many folks, most notably Rueben Hechinova who dutifully manned a rowboat for most of her swims. Hot on her wake to round out the first five to 40 miles were Sean McFadden, Hal Offen, Nigel Killeen and Joe Illick. As I write this report in early March, Joe Illick is in the lead with most miles and doesn't seem to be losing any speed. Go Joe!

In January, we did some motorized pilot training. Barry Christian and I took some potential pilots out in the outboard inflatable AB boats to show them the ropes. I want to thank David Hollembaek, James Dilworth, Jay Adams, Robert Mackey, Kent Myers, Neal Mueller, and Margaret Keenan, who all volunteered to learn the ins and outs of the outboard inflatable boats. Volunteers learned information about motors, some radio communication techniques and a few other odds and ends that will help them be accomplished pilots. Our swim program is completely dependent on pilot support, and our outboard program in particular could always use volunteers.

This season marks the return of trinkets to our swim. Due to our wounded dock last winter, we saved money by not having trinkets. This year we are returning to the age old tradition of giving trinkets out at swims to pilots, swimmers and helpers. Margaret Keenan has been a great resource to me, helping to research and communicate with vendors. We are dedicated to selecting trinkets that are functional, fun and, when possible, contain a limited amount of plastic so that they are as "green" as possible.

I want to remind everyone now, early in our swim season, to plan ahead for the Alcatraz and Golden Gate swims. Remember, to participate in the Alcatraz (August 23rd) or the Golden Gate Swim (September 12th), you must have participated in three swims and helped with, or piloted at least two swims. Get your swims, helps and pilots in so you don't miss out on the good times in August and September.

Thanks to everyone who volunteers and helps with our fun and exciting swim program! See you out on the water!

*Cheers,  
Brian Herrick*



*Record setter, Laurin Weisenthal, completed 40 miles in less than 3 days!  
Photo: John Perino*

## New Year's Day Qualifier

DECEMBER 14, 2008

1	Laurin Weisenthal	29:16
2	Suzanne Heim	30:22
3	Chris Wagner	33:32
4	Jon Ennis	35:42
5	Josiah Bunting	36:01
6	Nigel Killeen	36:01
7	Daniel Considine	36:04
8	Laura Burtch	36:41
9	Candace Kelly	36:58
10	David Rich	37:39
11	Sean McFadden	37:50
12	Kate Coleman	41:49
13	Kevin Haugh	44:08
14	Rebecca Tilley	45:29
15	John Mervin	45:58
16	Larry Scroggins	46:02
17	Neal Powers	46:15
18	Sunny McKee	46:25
19	Beth Stein	46:31
20	William Burke	46:38
21	Ted Tilles	47:25
22	Jennifer Lamers	47:31
23	John Mattox	48:47
24	Mark Bason-Mitchell	48:55
25	Andrew Stone	50:58
26	Mickey Lavelle	51:26
27	Ken Coren	53:05
28	Van Metaxas	53:06
29	Pete Neubauer	53:28
30	Naphtali Offen	53:40
31	Joe Illick	57:44
32	Jamie Robinson	57:50
33	John Ingle	70:15

**Pilots:** Susan Allen, Ray Artigues, Jim Frew, Don Harrison, Marcia, Neal Mueller, Diane Walton, Janice Wood  
**Helpers:** Cory Ferrara, Brian Herrick, Nigel Killeen, Bob Lowney, Loretta Madden, Pat McGarvey, Laura Merkl, Naphtali Offen, Camille Rich, Liz Van Houten, Noah Zovickian

## New Year's Day Alcatraz

JANUARY 1, 2009

1	Suzanne Heim-Bowen (10)	30:04	DC
2	Michael Chase (9)	32:14	DC
3	Darrin Connolly	32:27	SERC
4	Chris Wagner (8)	33:30	DC
5	Michelle Deasy	34:42	SERC
6	Karen Rogers	34:45	SERC
7	Laura Zovickian (7)	35:22	DC
8	Nigel Killeen (6)	35:35	DC
9	John Walker	35:41	SERC
10	Sue Free	36:08	SERC
11	Michael Tschantz-Hahn (5)	36:14	DC
12	Jon Ennis (4)	37:25	DC
13	Candace Kelly (3)	37:36	DC
14	Sean McFadden (2)	37:51	DC
15	Craig Marble	37:56	SERC
16	Matt Bracco	38:44	SERC
17	David Rich (1)	38:53	DC
18	Katrina Lundstedt	38:56	SERC
19	Jonathon Paul	39:55	SERC
20	Cathy Delneo	39:56	SERC
21	Daniel Considine	40:00	DC
22	Simon Perez	40:02	SERC
23	John Hathaway	40:22	SERC
24	Michael Tzortzis	41:09	SERC
25	Philip Murphy	41:15	SERC
26	F. Joseph Butler	41:30	SERC
27	Tim Reid	42:02	SERC
28	Paul Saab	42:15	SERC
29	Kristine Buckley	42:40	SERC
30	Kevin Haugh	43:45	DC
31	Sarah Marks	44:36	SERC
32	John Mervin	44:36+	DC
33	Peter Drino(?)	45:23	DC
34	Tom Paoli	45:36	SERC
35	Rebecca Tilley	45:51	DC
36	?	45:51+	SERC
37	Kate Coleman	45:51+	DC
38	Suzie Dodds	45:51+	SERC
39	Jim Cooney	45:51+	SERC
40	Nancy Cutler	46:21	DC
41	Ted Tilles	47:17	DC
42	Paul Dooley	47:22	SERC
43	Eddie Peinado	47:58	SERC
44	Neal Powers	48:33	DC
45	Laurel Condro	48:40	SERC
46	Larry Scroggins	48:46	DC
47	Raine Pearce	49:00	SERC
48	Jennifer Lamers	49:00+	DC
49	Mick Lavelle	49:00+	DC
50	Paul Springer	49:00+	SERC
51	Chas DeFarrari	49:00+	SERC
52	Derek Minihane	49:00+	SERC
53	Joseph Omran	49:56	SERC
54	Joe Bracco	49:56+	SERC
55	Chris Blakesee	49:56+	SERC
56	?	49:56+	SERC
57	?	50:00	SERC
58	Dianna Shuster	50:00+	SERC
59	Alex Buehlmann	50:40	DC
60	Mark Bason-Mitchell	50:50	DC
61	Tina DiRienzo	51:20	SERC
62	Pauline Yeckley	51:30	SERC



# DOLPHIN LOG SWIM STATISTICS

63	Andy Stone	51:40	DC
64	John Mattox	52:12	DC
65	John P.	52:00	SERC
66	Bill Burke	52:47	DC
67	Lolly Lewis	52:49	DC
68	?	52:58	?
69	Norman Davis	53:00	SERC
70	Kelly Pat Ryan	54:00	SERC
71	Keith Nowell	54:30	SERC
72	Ken Coren	54:38	DC
73	Jerry Lowden	54:52	SERC
74	Van Metaxas	54:58	DC
75	Naphtali Offen	58:00	DC
76	Cathy Bump	58:05	SERC
77	Bruce A.	58:32	SERC
78	Gary Aguiar	59:33	SERC
79	Jeff Woodhead	1.01:57	SERC
80	Rey Hassan	1.02:51	DC
81	Tom Linthicum	1.03:40	SERC
80	Peter Neubauer	1.03:50	DC
81	Anica Williams	1.04:28	SERC
82	Bryce Goeking	1.04:50	SERC
83	Bill Wygant	1.05:50	SERC
84	Tom Wilhelm	1.08:00	SERC
85	Joe Illick	1:08+	DC
86	John Ingle	1.18:30	DC
87	Mike Lagois	1.19:00	SERC
88	Andy Fields	?	SERC

## Swimmers with swim-aids

1	Joe Czech	36:05	SERC
2	Dan Needham	41:32	SERC
3	Bonnie Brown	42:26	SERC
4	Ryan Bauer	45:12	SERC
5	Suzanne Grevia	45:51+	SERC
6	Linda Nowell	45:51+	SERC
7	Mike Johnson	49:30	SERC
8	Kevin Buckholtz	47:45	SERC
9	Pat Thomas	48:50	SERC
10	Jim Miller	50:50+	SERC
11	Allen Luong	51:41	SERC
12	Lisa Serebin	53:00+	SERC
13	Jane Koegel	1.00:00	SERC
14	Jeny Duncan	1.01:46	SERC
15	Heather B.	1.03:40+	SERC

## Dolphin Club Pilots

Brian Herrick, Gary Ehrsam, Mary Magocsy, Barry Christian, Jim Frew, Dan Osborne, Monica Towers, Duke Dahlin, E. Bothwell, Dolores Meehan, Eduardo, Jon Bielinski, Reuben Hechanova, John Blackman, Atimanson, F. Johnson, Diane Walton, Rich Cooper, Niel Snyderman, Marcus Auerbuch, Stan Hlynskey, Susan Allen, Will Powning, Dan Osborne, Bob Danielson, Gerard Navarro, Barbara Byrnes, Sunny McKee, Bob Weil, Don Harrison, Lyrinda Snyderman, Eric Shackelford, Gretchen Coffman, Ken Frank

Dolphin Club Helpers  
Robin Rome

## New Year's Day Cove Swim

JANUARY 1, 2009

### 1/4 Mile Course

Era Osibe	14:00
Pavla Podolska	15:31

### 1/2 Mile Course

Joe Spallone	16:17
Terry Horn	16:23
Bob Reis	18:46
Gretchen Coffman	19:05
Pete Perez	19:12
Troy Corbin	19:27
Brendan McKenna	19:30
Jeff Russell	19:56
Carrie Sloan	20:04
Libbie Horn	20:50
Emma Perez	21:03
Keith Howell	21:09
Daragh Powers	21:09
Susan Lauritzen	23:37

### 1 Mile Course

Arnie Oji	32:20
Doug James	33:05
Jay Adams	36:10

**Pilots:** Janice Wood, Brian Herrick, Ray Artigues, Bill Rus

**Helpers:** Zach Oji, Polly Rose, Heidi Howell, Gina Rus, Rudy De May, Robert Mackey

## Pier 41

JANUARY 17, 2009

1	Suzanne Heim-Bowen (10)	18:44
2	Greg Kearney (9)	18:52
3	Chris Wagner (8)	19:39
4	John Ottersberg (7)	20:31
5	Si Bunting (6)	21:32
6	Nigel Killeen (5)	21:34

7	Jon Ennis (4)	21:35
8	Brian Fitzgibbons (3)	21:56
9	Daniel Considine (2)	23:14
10	John Stassen (1)	25:07
11	Arnie Oji	25:08
12	Kate Coleman	25:33
13	Nancy Cutler	25:58
14	Beth Stein	26:00
15	Jason Prodoehl	26:07
16	Daniel Madero	26:25
17	Alex Buehlmann	26:49
18	Larry Scroggins	27:11
19	Neal Powers	27:19
20	Jennifer Lamers	27:21
21	Sunny McKee	27:22
22	Rick Avery	27:41
23	Mick Lavelle	28:12
24	Mark McKee	28:30
25	Jay Adams	28:53
26	Lolly Lewis	29:24
27	Joe Illick	29:49
28	Dean Badessa	30:27
29	Ken Coren	30:52

30	Naphtali Offen	32:18
31	Sue Garfield	35:23
32	John Ingle	37:37
33	Will Powning	38:04
34	John Nestor	41:18

**Pilots:** Robert Mackey, Jon Meyer, Bob Weil, Brian Herrick, Eduardo Barranco, Kent Myers, Ed DeCossio, Renee DeCossio, Don Harrison, Jim Frew, Marcus Auerbuch, Neal Mueller, Laurin Weisenthal

**Helpers:** Cory Ferrara, Bob Lowney, Nigel Killeen, Suzanne Heim, Susan Allen, Brian Fitzgibbons, Lolly Lewis, Pavla Podolska, Margaret Keenan, Naphtali Offen, Marjorie Franz, Neal Powers, Daragh Powers, Joe Mannon, Greg Kearney, Gina Rus, Liz Van Houten, Pat McGarvey



Joe Illick emerges from the cold waters after the Handicap Cove Swim  
Photo: Nigel Killeen

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# DOLPHIN LOG SWIM STATISTICS



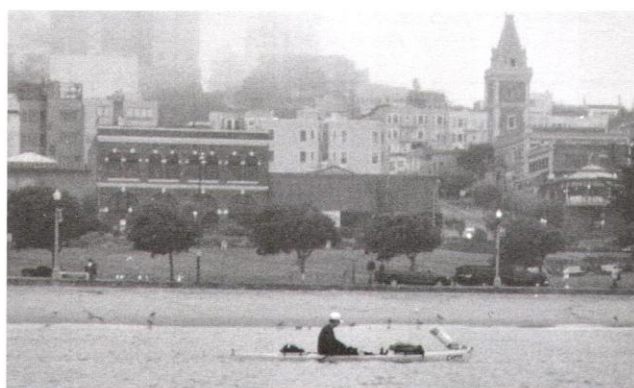
*Handicap begins at the start!*  
*Photo: Nigel Killeen*

## Handicap Cove

FEBRUARY 8, 2009

Name	Finishing Time	Time to subtract	Real-time
Naphtali Offen	29:59:00	0:00:00	29:59:00
Cheryl Wallace	30:09:00	0:00:00	30:09:00
Ken Coren	30:30:00	0:00:00	30:30:00
Robin Rome	30:53:00	0:00:00	30:53:00
Bill Burke	30:55:00	5:00:00	25:55:00
Sue Garfield	32:08:00	0:00:00	32:08:00
Carrie Sloan	32:20:00	0:00:00	32:20:00
Cesar Manzano	33:19:00	10:00:00	23:19:00
Joe Spallone	35:05:00	10:00:00	25:05:00
Mickey Lavelle	35:12:00	5:00:00	30:12:00
Miguel Mattox	35:18:00	18:00:00	17:18:00
Suzanne Heim	35:24:00	18:00:00	17:24:00
Chris Wagner	36:17:00	18:00:00	18:17:00
Doug James	36:20:00	10:00:00	26:20:00
Rick Avery	37:58:00	10:00:00	27:58:00
Brian Herrick	38:00:00	15:00:00	23:00:00
Vincent Rochebois	38:28:00	10:00:00	28:28:00
John Mattox	41:32:00	14:00:00	27:32:00
Joe Mannon	42:02:00	5:00:00	37:02:00

**Pilots:** Daniel Madero, Nancy Cutler, Reuben Hechanova, Janice Wood  
**Helpers:** Chris Wagner, Sue Garfield, Susan Allen, Vincent Mourou-Rochebois, Jim O'Conner, Nigel Killeen, Liz Van Houten, Pat McGarvey



*Mark McKee paddles in the cove*  
*Photo: Sunny McKee*

## Gas House Cove

MARCH 22, 2009

1	Chris Wagner (10)	19:10
2	John Renko (9)	20:30
3	John Ottersberg (8)	20:55
4	Jon Ennis (7)	21:36
5	Brian Fitzgibbons (6)	22:55
6	César Manzano (5)	23:16
7	Paul Davies (4)	25:51
8	Keith Gray (3)	25:53
9	Kate Coleman (2)	26:18
10	Neal Powers (1)	26:50
11	Daniel Madero	26:54
12	Joe Spallone	27:04
13	Bill Burke	27:20
14	Doug James	27:38
15	Sunny McKee	27:55
16	Terry Horn	28:16
17	Mark McKee	28:56
18	Nobu Takahashi	29:27
19	John Mattox	29:34
20	Mickey Lavelle	29:37
21	John Hornor	29:44
22	Dean Badessa	29:48
23	Gerard Navarro	30:36
24	Nancy Hornor	30:38
25	Vince Monrou	30:46
26	Robin Rome	32:08
27	Pete Neubauer	32:11
28	Joe Illick	32:50
29	Roxane Phifer	33:41
30	Rob Reis	33:43
31	Melissa Moran	34:16
32	Greg Hicks	34:23
33	Carrie Sloan	34:26
34	Jeff Russell	34:32
35	Michael Weiner	37:42
36	Joe Mannon	39:49
37	Sue Garfield	40:08
38	John Nestor	40:26
39	Will Powning	42:15
40	Debby Rose	42:39
41	Kent Myers	45:14
42	David McGrane	45:48
43	Sarah McCuskey	47:26

**Pilots:** Jay Adams, Jon Bielinski, Barry Christian, Don Harrison, Reuben Hechanova, Nigel Killeen, and John Street

**Helpers:** Susan Allen, Pete Bianucci, Paul Davies, Joanne Desmond, Cory Ferrara, Jim Ferrara, Brian Fitzgibbons, Sue Garfield, Keith Gray, Brian Herrick, Mia Hershiser, Greg Hicks, Libbie Horn, John Hornor, Nancy Hornor, Joe Illick, Nigel Killeen, Mickey Lavelle, Bob Lowney, David McGrane, Pat McGarvey, Mark McKee, Van Metaxas, Pete Neubauer, Jim O'Conner, Era Osibe, Daragh Powers, Neal Powers, Will Powning, Jason Prodoehl, Rob Reis, Polly Rose, Eric Shupert, Kristin Steck, Rebecca Tilley, Liz Van Houten, Jennifer Votava, and Chris Wagner.



Washington Square  
Bar & Grill

1707 Powell Street  
San Francisco, CA 94133  
P: 415-433-1188



*Finish line before the swimmers arrive*  
*Photo: Sunny McKee*



**F**our years ago a crew of Maori shipped their elaborate 40 foot hand carved oceangoing dugout canoe from New Zealand to San Francisco.

Before rowing into what we have come to think of as our cove, the Maori requested permission from the local Pomo tribe council to enter the territory. The vessel cruised through the opening just before dawn with a crew of 18 and were met mid-cove by two small Pomo reed boats. The Maori were greeted onshore by a troupe of gently swaying Pomo dancers and responded in the sunrise with their fierce Haka dance, a marriage of frightful facial contortions, thrusting postures and aggressive chants. The queen of the Maori was present and seemed quite pleased while a San Francisco Supervisor wore feathers and delivered his speech. I was enthralled and bemused by this multi-faceted and occasionally out of balance cultural exchange between these trans-oceanic colonizers of the South Pacific and the oyster/acorn gathers from our local shores.

During the next month or so, the Maori stayed on in the cove, rowing daily in the Bay, stomping, chanting and gesticulating their Haka several times daily on the beach, much to the delight of that summer's batch of tourists. Our boat-building community along the east end of the cove got to know their boatbuilders while both groups marveled at the techniques and creations of the other. Dolphins welcomed the Maoris into our home and they shared our community. On their final day here, I sounded them a welcome with a conch shell from the end of our dock. Their dugout took the turn, landed on our beach and the full crew crossed our beach and came up to our deck under a canopy of crossed oars borne by our womens' Weiland crew. They joined in our feast being held to send three of our swimmers to their English Channel crossing. Before leaving that day, the Maori literally rattled the rafters of our boathouse with an adrenaline charged Haka that stayed with our swimmers half around the world again as they made their way to France. I marvel at this kaleidoscope of culture and community. Boatbuilders are boatbuilders the world over, but as I saw when that reed boat met the war-canoe, they do not necessarily have a common culture. People are often surprised with they learn that we and the South End engage in exactly the same activities, that both clubs focus primarily on swimming and rowing, boat building and maintenance, handball, running, weightlifting and wide scale bacchanalia. Folks wonder why

## PRESIDENT'S REPORT



BY KEN COREN

there are two separate clubs filled with people doing all the same things, housed in buildings that are literally joined at the hip. How and why have these two groups maintained separate, together, for well over a century? The simple answer is: Despite having formed a close community of swimmers and boaters within Aquatic Park, each club has developed, maintained and continues to celebrate a distinct culture. This phenomenon is displayed every New Year's Day during the joint Alcatraz Swim as each membership is reminded and amused at the starkly different way "those folks next door" conduct and engage in this cross channel swim. Habit becomes tradition, tradition becomes culture, and culture runs deep. Within our Dolphin community, I have recently been embraced by a

cultural exchange of a different sort. About a year after Phil Kohlenberg's death I was struck, once again, by his loss. It occurred to me that I not only missed Phil, but also the wonderful bread he baked. While I could do nothing to bring my friend back from the other side, I could learn how to bake bread. Bread dough is a simple mixture of flour, salt, water and yeast. Flour contains proteins which form gluten when wet which, when stretched by kneading, is able to hold the gasses given off by the live yeast as it feeds on the dough. This is how dough rises. Although the fundamental mechanism is straightforward, making excellent bread is more complex since each component has intricate variables. A yeast strain that has matured over the years will gain strength, will produce a greater rise in the dough, and will impart a deeper, more complex flavor to the bread. In my search for sourdough starter, a yeast culture claimed unique to our region, I discovered that there is a large and generous bread baking community "out there". Through that community, I obtained a strain of yeast that came west with settlers along the Oregon Trail in 1847. One day in the sauna, a couple of guys were talking about a local store that sells some hard to find, high-gluten flour. Turns out that we have a number of home bakers here at the club. Turns one of these bakers has been sharing a sourdough starter handed down by through the family of one of our members who now resides in Lucca, Italy. Just recently, jars of 1847 Oregon Trail starter have been exchanged for Peter Darlington's Mother's starter. Truly a exchange of cultures within our community.

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## 2009 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thur, 8:30 am	New Year's Day Alcatraz
Jan 17	Sat, 7:30 am	Pier 41
Feb 8	Sun, 8:00 am	Handicap Cove
Feb 14	Sat, 1:00 pm	Old Timer's Lunch
Feb 28	Sat, TBD	Gar Woods Polar Bear (Lake Tahoe)
Mar 21	Sat	Polar Bear Swim Ends
Mar 22	Sun, 7:30 am	Gas House Cove
Apr 25	Sat, 9:30 am	Yacht Harbor
May 10	Sun, 8:30 am	Dick Beeler Crazy Cove
May 30	Sat, 7:45 am	Bay Bridge
Jun 1	Mon	100-Mile Swim Begins
Jun 21	Sun, 8:15 am	Crissy Field
Jun 28	Sun, 7:15 am	Pier 39
Jul 4	Sat, 7:15 am	Fort Point
Jul 12	Sun, 9:00 am	Walt Schneebly Over 60 Cove
July 18	Sat, TBD	Trans Tahoe Relay
Aug 1	Sat, TBD	Santa Cruz One Mile
Aug 15	Sat, 5:00 pm	Over 45 Twilight Gashouse Cove
Aug 23	Sun, 8:30 am	Alcatraz
Sep 12	Sat, 8:00 am	Joe Bruno Golden Gate
Sep 26	Sat, 9:00 am	Escape from Alcatraz Triathlon
Oct 18	Sat, 9:00 am	Dolphin/South End Triathlon
Oct 31	Sat	100-Mile Swim Ends
Nov 14	Sat, 5:00 pm	Pilot Appreciation Dinner
Nov 26	Thur, 8:30 am	Thanksgiving Day Cove
Nov 27	Fri	Grizzly Bear Challenge
Dec 19	Sat, 8:30 am	New Year's Day Qualifier
Dec 19	Sun, 10:30 am	Holiday Brunch Party
Dec 21	Mon	Polar Bear Swim Begins
Dec 31	Thur 11:59pm	Grizzly Bear Challenge Ends

### ROWING TRAINING

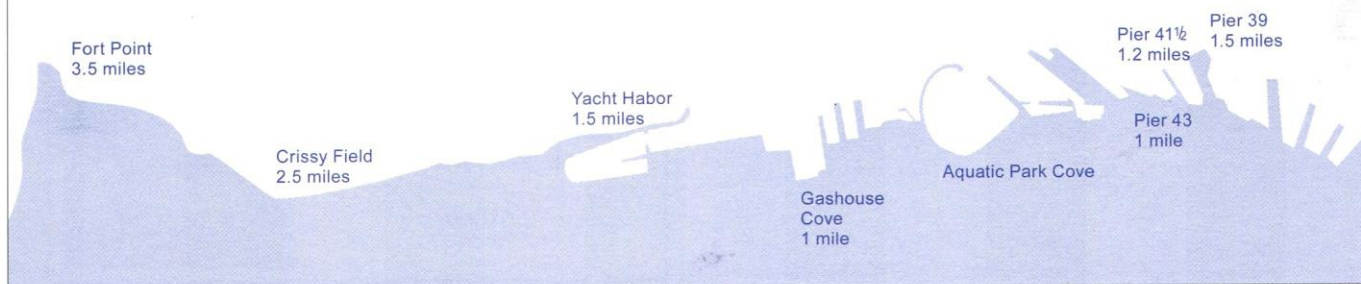
On the these Saturdays  
beginning at 9:00 am:

January 24, Saturday  
February 21, Saturday  
March 21, Saturday  
April 18, Saturday  
May 23, Saturday  
June 20, Saturday  
July 18, Saturday  
August 22, Saturday  
September 19, Saturday  
October 24, Saturday  
November 21 Saturday  
December 19, Saturday

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. For out-of cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
6. Swim sign-up sheets are posted two weeks prior to each swim.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.  
*Additional qualifications for Alcatraz and Golden Gate Swims*
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.

All times are approximate & subject to change.  
TBD means "to be determined".

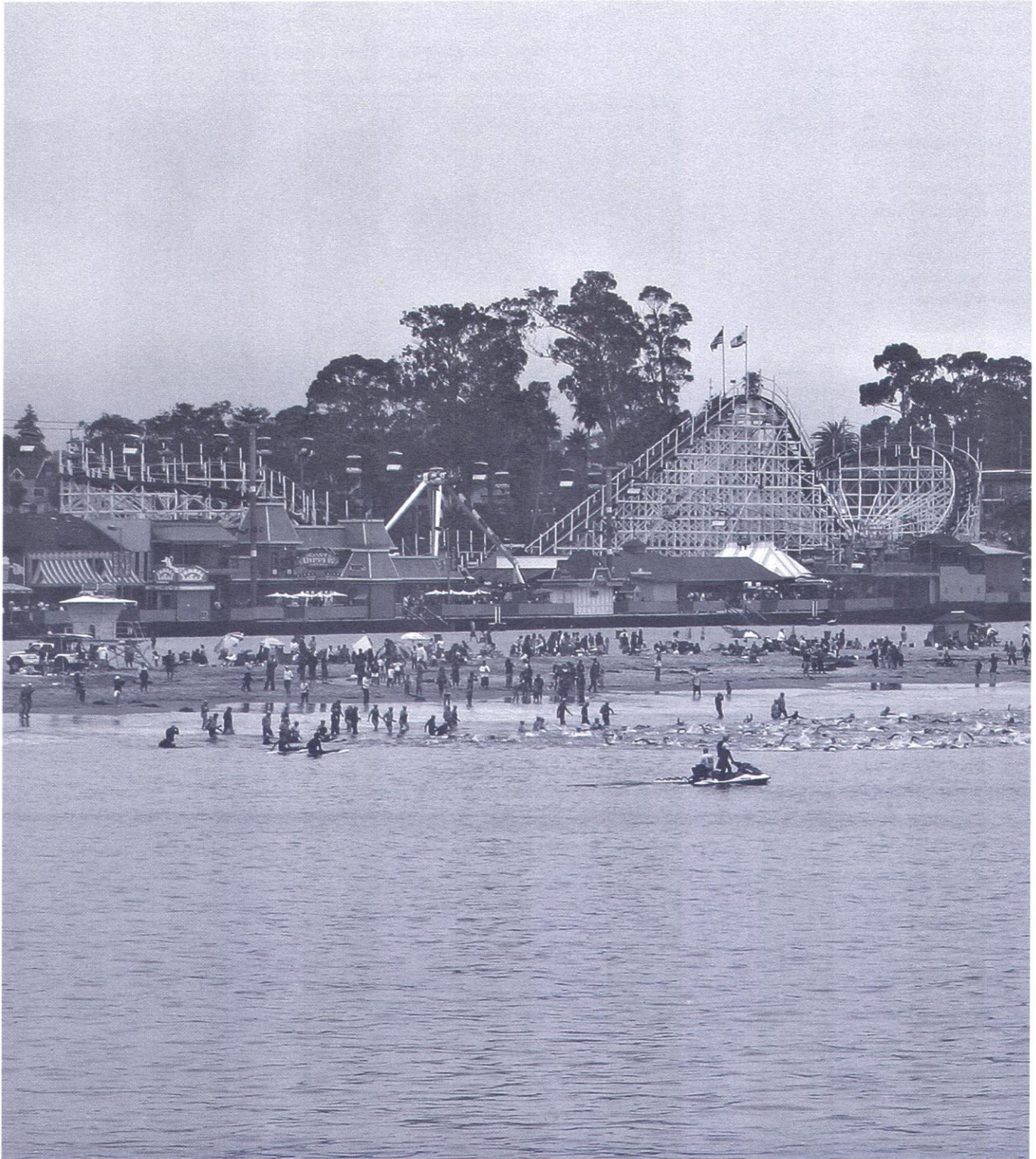




SUMMER 2009

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

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**Cover Photo - Start of 2009 Santa Cruz swim**, by Meg Reilly

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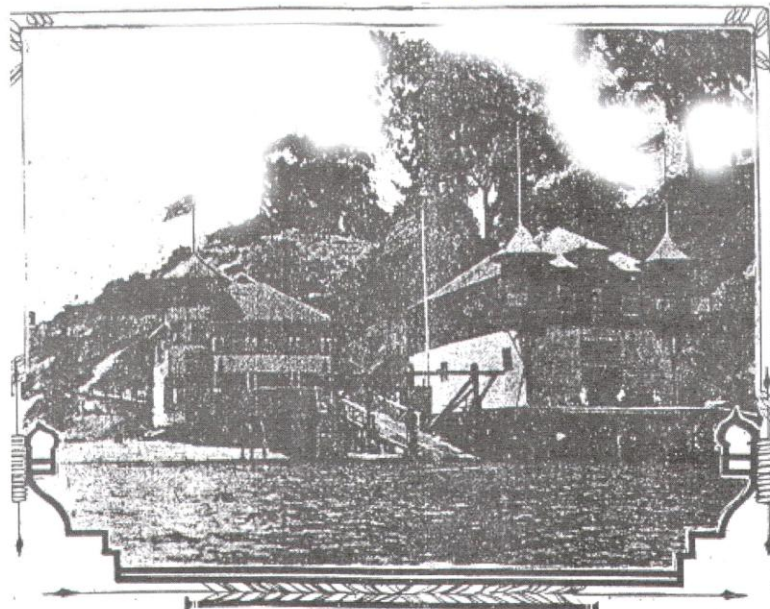
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SAN FRANCISCO CALL, JUNE 13, 1909

## SPORTS

*Those Who Swim, Row or Sail Are Boosting  
For Votes for Aquatic Park Bond Issue*

LOVERS OF SPORT FAVOR AQUATIC PARK



Site at foot of Van Ness Avenue for proposed aquatic park. Sportsmen are working for the passage of the bond issue for its establishment. Photo shows Dolphin Club in its old location. On the right is the South End.

### *Water Pastimes Will Be Revived if Proposed Bond Issue Is Carried*

All true lovers of outdoor sports are actively at work in the interests of the aquatic park for which a proviso has been made in the coming bond election. San Francisco is lacking in an open air swimming and boating park, which is one of the most popular features in eastern and foreign cities. The foot of Van Ness Avenue is the place planned and a more ideal spot for such an amusement place could not be found, as the cove formed by Black Point makes a sheltered spot that is hard to beat. Here at all times the bay is calm, the water clear and the beach excellent for bathing purposes.

San Francisco presents no safe anchorage for the numerous yachts that dot the bay. When the tars want to pick up their local friends they suffer all kinds of inconveniences for a place to land and generally are compelled to have their friends make the trip across the bay in order to board the yachts. The park, as planned, will have a landing place for yachting and boating parties.

For years the boating clubs of this city, with the exception of the Dolphins, who have always been at the foot of Van Ness Avenue, have been buffeted about the bay shore from place to place, each succeeding board of harbor commissioners compelling them to move their clubhouses. In this little harbor they will be secure from interference and once again rowing will flourish as one of our leading sports.

Swimming has been another neglected pastime that has been overlooked through the lack of a proper place for the general public to indulge in that great sport. The new park will be equipped with all kinds of life saving apparatus, and the presence of attendants will assure safety to even the most enuresome. The surroundings will all be beautified with lawns and trees and a public bathhouse and gymnasium will be erected that will be the delight of all.

*The 1906 Bond Issue to establish Aquatic Park perished along with the Earthquake. It took another three attempts, including the one shown here, before a bond was passed. And it took pressure from the Recreation League of San Francisco on the Board of Supervisors in 1912 before the first of several pieces of land was acquired. Aquatic Park as we know it today was completed in 1917.*

Walt Schneebeil



## Dolphin Youth Swim Program Fund a Big Success



Photo by John Theede

Last year's appeal for donations to the Dolphin Club-sponsored Youth Swim Program Fund was a major success. We challenged our membership to beat the prior year's fundraising, and we accomplished that: collecting a record \$9,000 in donations from 72 members of our club, which has almost 1,000 members. The \$9,000 was presented as grants to two worthy swim programs that provide low-cost swim lessons for underprivileged children in San Francisco: The San Francisco Boys & Girls Club program at the Ernest Ingold swim center and the YMCA's Tenderloin swim center. Since the inception of the fund in 1996, we have donated \$56,000 to these swim programs which would otherwise not have sufficient funding. With more support from our members this year, we hope to be able to beat last year's total.

Joni Beemsterboer, a member of the first English Channel women's relay team (1989) told us why she supports the fund: "To me, supporting the Dolphin Youth Swim Fund makes sense because it's a great way to help kids exercise and have fun. I've supported the fund since it started and when I look at where I'll give money, especially with the current economy, I have to give to this fund because it's so close to home."

Rueben Hechanova, our Boat Captain, says why he supports the fund: "Swimming is a crucial life long skill, especially in an area surrounded by water. It is not only life enhancing, but life saving. You hear about people drowning because they didn't know how to swim. Even if they just learn to control their panic and turn over on their backs, it's easier for someone to save them. You read about it all the time; it's sad and the ones that do drown are from low income families that couldn't afford to provide their kids lessons."

*John Theede, Chairperson,  
Dolphin Club Youth Swim Program*



Photo by Emily Roth

*New York Times* prepares for a slow news day.

## Crazy Cove

*A Paean to Mothers*

Nearly 30 participants turned out for this year's Dick Beeler Crazy Cove Swim and every one of them had a mother: an auspicious coincidence for a sunny Mother's Day morning event.

As swimmers gathered in the Staib Room, a Whitehall loaded with three dozen raw eggs was mysteriously dispatched to the Opening of the Cove. The course craziness was revealed at the briefing, but not before Mickey Lavelle reminded us all of the swim's namesake, Dick Beeler, whose unorthodox swim courses through the Cove were a regular midday occurrence many years ago.

In honor of Mother's Day, swimmers were charged with demonstrating their maternal skills through a course punctuated with crazy feats of child-rearing. Despite rumors to the contrary, swimmers were not required to breast-feed sea lions. They were, however, responsible for the safe conveyance of raw eggs around the Cove in teams of three: two parents and a mother-in-law.

Teams swam first to the *Balclutha*, where they paid tribute to the Matriarch of the Cove with a kiss on her starboard hull. Marital bliss quickly ensued as swimmers sprinted down the "aisle" toward the Jacuzzi under a shower of festive birdseed provided by stand-up paddle-boarder Kent Myers. A honeymoon hiatus in the Jacuzzi allowed teams (minus mothers-in-law, of course) the chance to earn extra points by exchanging swim gear.

Eggs were delivered to teams at the Opening initiating various child-rearing duties. Parents and mothers-in-

law negotiated family dynamics around the Cove, taking turns carrying the egg and at one point stopping to register egg names like "Molly Follicle" at a kayak registry. A testament to their speed in the water and egg-packing technique, parents Cesar Manzano and John Stassen (with mother-in-law Vincent Moreau-Rochebois suspiciously absent) were the first to pass the Flag and reach land. Proud and speedo-clad parentage loped down the beach past bemused tourists to a diaper station at the public side of the DC dock before a final plunge back in the water around the pier. A modified side-stroke with one arm elevated seemed the most popular way to assure points for a dry egg diaper on the final leg. Sue Garfield offered her red swim cap and services as a surrogate mother. Daniel Considine, Margaret Keenan and Jennifer Lamers finished together and placed first.

To the relief of all, every single egg arrived at the finish line intact, not a shell cracked, nor a diaper dampened. The same cannot be said for every family. A celebratory al fresco burrito bar laid out by a stellar kitchen crew featured machaca, chorizo, beans – and less fortunate scrambled eggs.

*Jeff Russell and Carrie Sloan*

## Annual Membership Meeting

The Annual Membership meeting of the Dolphin Swimming & Boating Club will begin at 6:30 p.m. on October 21, 2009 at 502 Jefferson Street, San Francisco, in the Staib Room. The Board will review the business of the past year and proposed activities for the next year. Members are welcome to attend and participate per Article III, Section 6 of the ByLaws.



# Manhattan

## *When Once Is Enough*

Saturday morning, June 24, 2006 at the Wall Street Inn. I woke around 4:00 am eager for the task ahead.

I had laid out my goggles, swim suit, swim cap, visaline, sun block, Gu, Maxim, and dry cloth the night before. All I had to do was brush my teeth, get dressed, mix the Maxim, pile all my equipment and food into a bag and drink a couple of cups of coffee brought by my partner, Joel, from the nearby convenience store. I was ready to go.

Outside, the warm and drizzly Manhattan weather was a nice surprise. It reminded me of Hawaii. What a great way to start off a day.

We arrived at the South Cove around five. Joel walked on to North Battery Cove, where my pilot Barbara Byrnes and her friend Peggy were taking off in their two-person kayak. He took my bag to give to Barbara. I had packed enough Gu and Maxim for a 10-hour swim.

Once I checked in, I tried to chat with other swimmers who had come for the Manhattan Island Marathon Swim (MIMS) from Wales, Australia, England, France, Germany, and around the U.S. Most of them were too nervous to talk. Conversations were brief.

The organizers finally got the swim underway about 6:45 am. Even then, some swimmers were still looking for their pilots, and others kayakers were asked to help out. I was so happy I had my very own, reliable kayakers. All I had to do

was to swim.



Duke takes New York's bull by the horns.

From South Battery Cove, we headed up the East River in a fast, furious—and exhilarating—tidal current. It felt warm, too, about 70F. Before I knew it, I was passing under the Brooklyn Bridge where we met up with our pilot boat and the official observer. Shortly after the bridge, I felt some stinging sensation on my legs and arms. Huh? What's that?! Nobody mentioned jellyfish. I just kept swimming close to the piers until the stinging stopped about ten minutes later.

At the entrance to the Harlem River the drizzle increased and the current started to slow down.

While the East River had been invigorating, the Harlem River was gross! With every breath, I had to spit out debris that had collected on the surface. Barbara kept signaling to keep my mouth shut. But I had to breathe.

About five hours into the swim, with the swimmers spread through the Harlem River the drizzle turned to heavy rain. The boat captain and official observer got a radio message to pull swimmers and kayakers as the MIMS organizers feared that the approaching storm could produce lightening. We were asked to get out of the water and board the pilot boat.

I knew from other Dolphin Club MIMS swimmers—Becky Fenson, Laura Burtch and John Selmer—that this was a possibility and that there was a good chance this would be the end of the swim. I tried not to think too much about that. In the past, when the event's been cancelled, they still



# Marathon

Duke Dahlin

allowed swimmers to finish on their own. But it's not the same.

About half an hour later waiting in the 80F air, we got the green light to continue. Yippee! Thank goodness, this wasn't going to be a repeat of last year when the swim was cancelled.

After passing a few more bridges, we finally came across our last big obstacle, the Spuyten Duyvil Bridge where the Harlem meets the Hudson. No soon had we passed under it than all hell broke loose. The water was churning all around me, my legs and arms were all over the place. I had been warned about this area, but, until you experience it, you just don't get it. I was getting it all right. I was frightened that I might be pulled under, and swam as hard as I could for 15 minutes. I had been warned beforehand that that's how long it would take to get through it. I could see by the expressions on the kayakers that they were very worried for me and even having a difficult time staying alongside. It was crazy choppy. Only after the turbulence slacked off, could I start to relax, take a deep breath of relief, and even laugh. What a rush! The worst was over.

I was expecting a little push from the Hudson, but there wasn't much. I remember passing the Little Red Lighthouse under the George Washington Bridge. Just the day before, Joel, Barbara, and I were on the Circle-Line Tour to check out all the landmarks so I knew I wasn't far from the finish.

When we passed the Sanitation Center, charming thought, and then the *Intrepid*, an old aircraft carrier moored to the dock site I knew we were only three miles from South Battery Cove. At this point, Barbara and Peggy started piloting me closer to the pier, and I could feel the current pushing me faster towards the finish. It was like having a second wind.



Here we go again with the fast and furious current and I was enjoying the ride.

As we approached North Battery Cove, I could smell the sweet scents of the trees' blooms that lined the promenade between North & South Battery Cove. My kayakers left me alone after we reached North Battery Cove so I could finish the swim by myself. (We had been told that the pilots and kayakers could not take the swimmers to the finish because they might not get back to the launch spot

against the current.)

There were no markers along the promenade to indicate the finish line, so I kept swimming as close to the promenade as I could, looking out for it. Suddenly! Squeech! There it was. I made an immediate 90-degree left turn into the cove.

I had finished. Time: 8hrs 53 minutes. Actual swimming time: 8hrs 23 minutes.

Two days later, I was sicker than a dog. I had apparently swallowed something, developed a very nasty campylobacter bacterial infection and lost about 15 pounds. So, the question is: would I do it again? The obvious answer is "no." But would I recommend this swim to anyone else? Yes, most certainly.



## Late Blooming Swimmer Wins gold, schwag— *and a special award*

Kate Coleman



*Photo by Polly Rose*

Kate Coleman - PMS, 2008 Age Group Swimmer of the Year

I knew I had a pretty good swim year in 2008, but my shock runneth over when a letter arrived earlier this year from Pacific Masters Swimming (PMS) naming me “Age Group Swimmer of the Year” for 2008 in the 65 to 69-year-old division.

Huh? Wuzzat? I’ve been competing lackadaisically in pool meets—mostly not—over the last 25 years of Masters swimming, but had paid scant attention before to any awards ceremonies. They had nothing to do with me. And, anyway, I was primarily an open water competitor. I still can’t do flip turns (me and Susan Allen both!).

But something began to change with me in 2007, if not a bit before.

It began that year on Labor Day when I competed in the Honolulu Rough Water two-and-a-quarter mile swim from near Diamond Head to Waikiki. I nearly passed out

after the swim and couldn’t shake my weakness and misery even after returning home. I thought it was Hawaii’s heat and humidity, but when I finally took my temperature at home it was 103-degrees. And, more important, I’d dropped four pounds.

It was just the little encouragement I needed—that and the results of that summer’s blood test announcing elevated blood-sugar. This required that I lose weight if I didn’t want to head down the path towards adult-onset diabetes. At some point, I realized, on its own, all my swimming wasn’t enough for weight and blood sugar control. It’s an age thing—and with me, an eating-too-much-thing.

So I seriously dieted and upped my exercise. For years I usually swam three to four days a week; now, I upped my Masters pool swimming to five—often, six days—a week, working hard on each set. Instead

of eating three helpings of basically healthful, hearty food, I ate one or maybe a little more, paying attention to reducing both fat and protein and cutting down from half a pound of meat or fish to a third. I cut all the white stuff—flour, rice, pasta—and when I ate carbs other than fruits and veggies, it was the densest, darkest grains I could find; pasta was whole wheat, brown rice, faro or barley. I cut my wine intake to a couple of days a week. No desserts other than fruit.

Working out that hard and cutting calories, I watched the weight fall off. But the dividend, besides losing weight, was that in focusing on pool work, my swimming took off. I gained endurance and speed. I took coaching, paid attention, and made my strokes more efficient. I even learned to dive. My butterfly began to soar. I started going to the heretofore-dreaded pool meets and did



well. The more I competed, the better I performed and each swim took my times lower, shaving seconds and even minutes off previously recorded times.

Yes, I was lighter and I felt so much better. It was reflected in better blood pressure and blood sugar readings. And, while I was happy to look better, I don't think I could have done it strictly for vanity. God knows I had tried and failed many times before. No, it was health issues scaring the bejeezus out of me. The great positive, however, was how much faster, more skillful, and comfortable I became doing rigorous training in the pool.

It was reflected in the many first places I racked up last year in Northern California swim meets. It was thrilling to do well but as the season wore on in 2008, I began to break down, especially right after last year's PMS short course championship. I won 5 first places but my forearm was toast.

It was a semi-chronic injury I'd sustained over 15 years and was a weird one at that: the abrasion of the radial tunnel nerve. Physical therapy to strengthen was counter-indicated (larger muscles could contribute to more abrasion, as the engorged muscles literally scraped the nerve). I had been okay for several years following a cortisone shot from an orthopedist who specialized in hands and forearms up to the elbow. Intense pool competition in '08, however, flared it up again. Of course I knew that if I backed off my swimming and let it rest it would probably heal eventually. But having already signed up for Nationals—in Austin—and plunked down my money and purchased my round trip ticket, I wasn't about to bail.

Instead, I returned to the orthopedist. He kindly fixed it so I was a returning patient despite a four-year hiatus, hence avoiding monster fees. I was paying out of pocket, now that I was on Medicare. I didn't trust Kaiser doctors I didn't know to put the big needle in my arm and do it right. Besides, there was scant chance of seeing a specialist in that system anytime soon, even with my gateway doctor rooting for me.

In the meantime, over those weeks before the big show, I swam one arm

everything at pool workouts, kicking, often with fins, so I didn't lose my form.

*But then I injured the shoulder I relied on for one-arm swimming. Frankly, I was a mess!*

Dolphin primo athlete and great sports physical therapist, Chris Chorak whom I'd seen as a patient at her Presidio Sports clinic for shoulder problems several years before, gave me great advice over the phone: which exercises to do with the stretchy band she'd given me, what to do once I was in Austin, and which swims to go for. I was aiming for the 100-yard butterfly event as my best. I scratched most of the other events because I was still hurting even while gobbling ibuprophen and icing religiously.

"Should I warm up," I had asked her about my fly event just before leaving home which was on the last day.

"On a scale of one to ten, if it's over four, don't warm up," she advised referring to the pain. "The point is to get up to the blocks and do your swim." She warned me, as did the orthopedist and my doctor, to give it a rest when all was over. None of my medical team told me not to go, God bless 'em. They were into it. The orthopedist had said wryly: "I'm not going to tell you not to go to Austin and compete. Just send me a post card and tell me how you did."

I sent him the promised post card: "Dear Dr. Lee, I took first place in the 100 fly and second in the 200 IM," along with a big gushy thanks. My non record-breaking time was also good enough last year to be best nationally in all meets in that event for my age. Just last week I received my "All American" patch, a testament to my Top Time prevailing nationally in that hundred yard butterfly—paid \$5 for it and a little parchment proclamation.

Sigh.

With all the hoopla of Nationals last year for me, my excitement was palpable this year on that Sunday in April at the PMS regional championship, when, over the break after relays, the award

ceremony began and PMS officials called all the age-group Swimmers of the Year to come up and receive their prizes and recognition.

It was then I heard the call and went up to receive my award. The award is based on points gleaned from four categories: wins and placing in PMS meets, open water swims, USMS national Top 10 times (6) and national records. I had top points in every category but the last—I am no Suzanne Heim-Bowen!

Nancy Rideout, PMS' perennial workaholic (and a swim champion in my age group over the years) graciously pulled out my winning trinket from the box, shook my hand and congratulated me warmly. The prize was big, bulky and imposing: a fold-up chair in its own blue shiny sack. Good to get schwag, I felt, rather than more trophies or ribbons. All the winners beamed, but no one removed their chair to look at it; everyone went back to the last swims of the day.

It was my last day of three days of flat-out racing, and I was eager to get home and collapse. But once inside the front door, I threw bags, wet stuff et al on the floor, and opened the blue nylon bag to remove my prize.

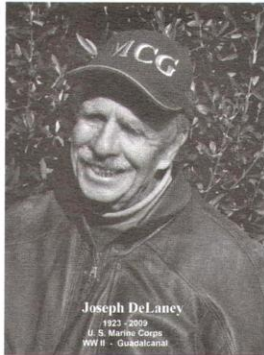
To my utter surprise and joy, the blue chair was no anonymous merchandise, but sported a white stencil on the inside of the comfy nylon back: along with the Pacific Masters Swimming logo of three stick figures in progression diving into the water was the legend "Age Group Swimmer of the Year 2008." With doting approval I also noted the two mesh recessed cup (or glass) holders in the chair's armrests. It felt like Christmas.

Tired as I was, I roused myself, and staggered out to my local Andronico's. I bought a six-pack of Modelo Negro and set up my new chair out on the deck. I popped open the cold beer, sat splayed out in my chair, and sipped it slowly, resting and removing it from the chair's recessed holders. My cats soon sauntered out to bask: first Verushka, my new Russian Blue, then Maud, a champagne Tonkinese, and last, my old arthritic Abyssinian male, Phil. As they brushed against my new chair, none of them took note of the sloppy grin planted on my face.



# MILES

## Deceased



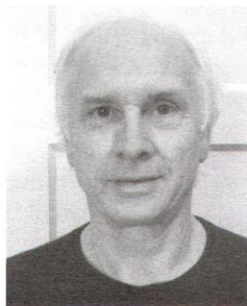
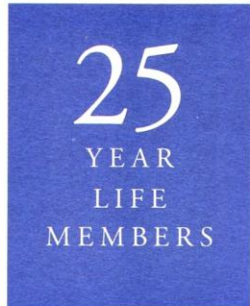
Joe Delaney



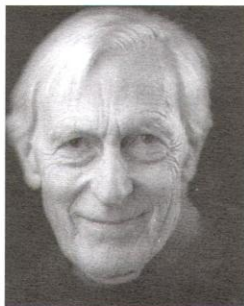
Elmer Hubacher  
December 1946

Alfred Salmen  
August 1980  
(not pictured)

Mickey Gannon  
(not pictured)



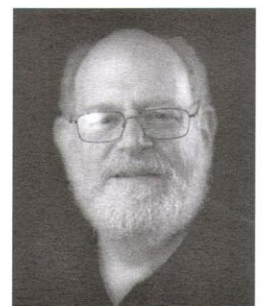
George Buffington



Bob Danielson



Karen Drucker



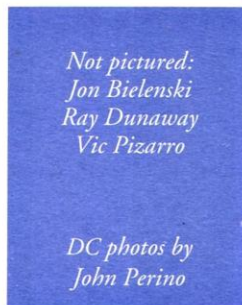
Neal Fishman



Peter Marchant



Laura Merkl



James Sancimino



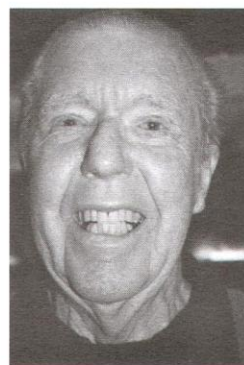
Lisa Smith



# TONES

## 50 Year Members (*Golden Dolphins*)

Frank Blackburn  
March 1959  
(not pictured)



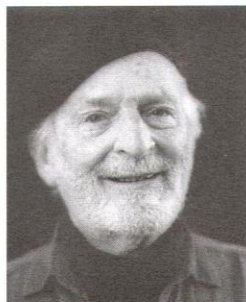
Rudy Demay  
July 1959



Reuben Hechanova



Mariuccia Iaconi



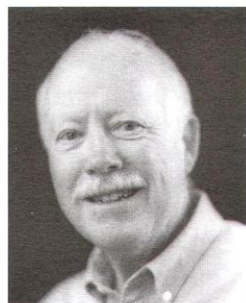
Jack Kamesar



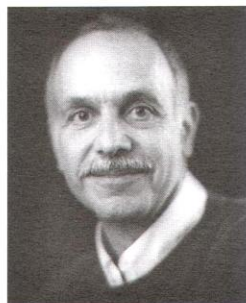
Richard Keltner



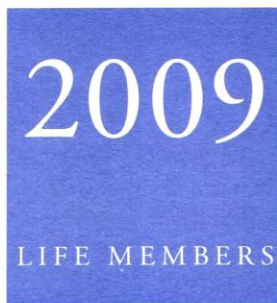
Helene Marchant



Noel Turner



Dave Zovickian





## PHIL KOHLENBERG'S GLORIOUS RETURN

Todd Oppenheimer

The rumor is true—Phil is on his way back. The *Phil Kohlenberg*, the Dolphin Club's very first lightweight wooden single, will make her debut launch in our great, green ellipse sometime this September. Her arrival follows a stunningly successful two-year fund-raising campaign, during which club members who were devoted to Phil, to rowing, or just to the succulent memory of good bread, donated a stunning \$48,475. The campaign came to a close on March 29th during the club's second annual rowing dinner, a gut-swelling feast that featured 25 pounds of abalone, smoked salmon, seafood pasta, gourmet pastries and – the real first – more wine than Dolphin partiers could consume. This dinner alone raised nearly \$9,000.

The campaign's financial success delivered a remarkable pair of benefits: first, enough cash to cover the final price tag for the *Kohlenberg* (once the cost of spruce oars, a dolly, and sales tax were accounted for, the bill became approximately \$45,500); second, and derivatively, a surplus of roughly \$3,000, which will go into the club's general boat fund. To everyone who has supported this campaign, we can now offer a hearty thanks. You helped us meet both goals well ahead of schedule.

As we write this in June, the *Kohlenberg's* builder—Jeremy Fisher-Smith of Fisher-Smith Boatworks on Tomales Bay, in Marshall—is laying in her planking, along a keel that's one part white oak, one part purple heart (the latter forming the "hog-piece," or inner keel). While this richly colored slice of the keel comes from a tropical wood, going exotic can have its practical purposes, in this case greater durability and longevity. As you can see from the photograph(s), Fisher-Smith is planking the boat upside down. While this technique is unusual today, it draws from ancient boatbuilding traditions, most famously practiced at the great Herreshoff Yacht yard, in Bristol, Rhode Island, which once produced everything from tiny prams and yacht tenders to America's Cup competitors. The approach, which gave Fisher-Smith a series of useful discoveries, occurred to him after he studied the club's original *Viking*.

The *Viking's* planks, he noticed, were fastened with tiny, copper clench-nails rather than with the rivets more commonly used today. After much searching, Fisher-Smith finally found a source for these nails: an outfit in Germany that had to custom-make them for him. As he began using them—first, for the South End's *Viking* replicas, and then to restore the *Viking* herself—he realized these little nails presented an opportunity. Clench-nails are driven from the outer side of the hull, whereas rivets are driven from the inside. By the time Fisher-Smith was preparing to build the first *Viking* single (the South End's *Thor*, in 1986), he realized the nails could be driven and clenched as easily, if not more so, with the boat positioned upside-down. This would minimize the amount of cutting

and fitting that had to be done, awkwardly, on his back; and that, in turn, might allow for greater precision. Thus, yet another set of old-world tricks from the great Herreshoff yard gained a second life.

The latest beneficiary of these woodworking rediscoveries will be christened at a weekend launching party at the Dolphin Club sometime in the next few months. Please watch club notices, online and off, for an announcement. The party will feature fresh oysters, sausages and various libations, including an old Viking tradition: bottles of mead that were brewed this winter, right here at the club, with local eucalyptus and sage honeys. The mead has been ripening in a storage closet in the men's locker room ever since, awaiting its nautical moment of purpose.

In the meantime (or at your next glass of beer), please offer a burp of thanks to the less visible among us who made this

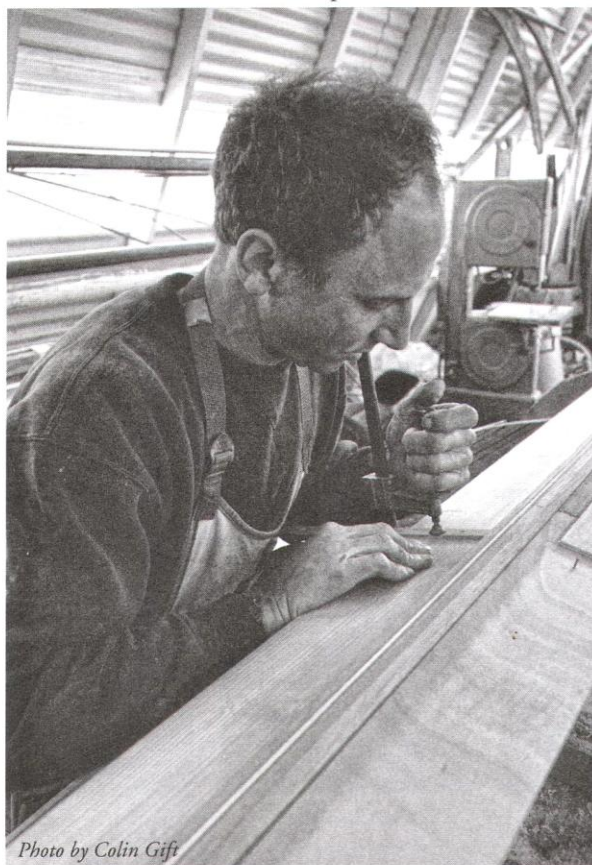


Photo by Colin Gift

Jeremy Fisher-Smith crafts the *Kohlenberg*

last feast, and the hefty donations it pried loose, possible: Daniel Madero of Kermit Lynch Wine Merchant, the Blue Mermaid (chowder), Gary Ehram and Joe Cresalia of Cresalia Jewelers (abalone), the Sanciminos of Swan Oyster Depot (smoked salmon), Ralph Wenzel of Schubert's Bakery (pastries), Mimi Osborne (head chef), and Carrie Sloan (star of the night's live band). Soon, a new plaque in the Staib Room will honor Phil and the 20 patrons who made unusually generous donations to the boat that will bear Phil's name.

It is our grand goal to eventually morph the feast held last March into a new, annual tradition – a chance to support the occasional special projects that are part of maintaining the club's historic wooden fleet. Meanwhile, we hope to see you in September.



## OARS D'OUEVRES: BOAT CAPTAIN'S REPORT

### Lake Tahoe

Three Dolphins competed: Racheal Perry, Renee DeCossio and Gretchen Coffman. Perry and DeCossio rowed the 8.75 NM Course and Coffman Rowed the 3.3 NM course.

DeCossio rowed a double with South Ender Kimberly Pross and blew the closest competitors away by 3 minutes with a time of 1:19:16.

Perry rowed a single and finished 2nd, 15 seconds behind 1st place Diane Davis from SERC.

Coffman rowed a single and finished 4th with a time of 38:34.

### Sculls Race at 4000 feet

In the women's single sculls race on Lake Tahoe, Dolphin Racheal Perry turned in a courageous performance. Rowing on the 8.75nm course across Carnelian Bay, Racheal was chasing Diane Davis of the South End for the first few miles, then managed to pass her before the turn at Dollar Point. Racheal held a two-boat length lead for much of the remaining distance, until Diane began to threaten in the final leg. The high altitude battle continued into the last 5,000 meters, where Diane summoned the strength to pass Racheal, and eked out a 15 second victory. Both athletes turned in a superb performance in a battle of wits and burning lungs. Look for a rematch between these two this August at the National Open Water Championships in Jamestown, Rhode Island.

—Charlie McIntyre

### Pacific Coast Sprints Return to Lake Merced

After a 30-year hiatus, the 2009 Pacific Coast Sprints (PCS) were reignited by the Dolphin Club's Joe Abrams.

The last time that Lake Merced was host to a Master's Regatta was in 1977, when the Dolphin Club Lake Merced Boathouse Captain Steve Wolf ran the well publicized and well attended event with team boats from local universities such as Cal and Stanford and Master's competitors from as far as Oregon. Current Lake Merced Boathouse Captain Jim Storm participated in the event and remembers the high caliber of competition as well as the participation of fellow Dolphins in building a dock, which is still in use today, making t-shirts and publicizing the event. Jim was on hand this Sunday to support the re-emergence of PCS.

On Sunday, June 28, the 2009 PCS kicked off the first of what will become an annual summer small boat flat water rowing event on Lake Merced. The first inaugural PCS consisted of Racing Singles and Doubles, 18 men and women rowers ages 25-62 from across 8 different Bay Area rowing clubs:

Dolphin Club, South End Rowing Club  
North Bay Rowing Club, San Francisco Rowing Club  
Pacific Rowing Club, Berkeley Paddling & Rowing Club  
North Bay Rowing Club, Bair Island Aquatic Center  
Saint Ignatius

Rowers were grouped according to gender and age to promote fair competition. Each rower participated in three 1000 Meter races with winners reaching the Grand Finals for their racing categories. The race was officiated by Pacific Rowing Club's Coach Matt Lehrer with Pacific Rowing club

contributing a pair of launches to help start and trail each race. Official racing times were recorded by Dolphins Charlie McIntyre and Dave Sherk.

Among those who raced on Sunday were two of our newest Dolphin members: former 2007 US National Team Quad Sculler Mike Perry and his wife Annie Hinniker; Dolphin Joe Abrams - Silver medalist in the Men's B (ages 36-42) single scull category at the 2008 Masters Nationals, 1st place 2008 Head of the American and 2008 Head of the Lagoon; Dolphin Racheal Perry - 2nd place Lake Tahoe Regatta & Open Water Rowing Regatta 2009, 4th Place North American Open Water Rowing Championships 2008; Former 1998 US Lightweight National Team Single Sculler Doug Sanders from the San Francisco Rowing Club and South End's Diane Davis - 1st place Lake Tahoe Regatta & Open Water Rowing Regatta 2009, 1st place North American Open Water Rowing Championships & 2nd Place Head of the Charles 2008.

There is an unlimited possibility for the growth and success of this event. Joe and his team of volunteers did a fantastic job running the regatta which was timed to lead up to the South West Regional Sprints at Lake Merritt on July 13. The PCS gave rowers a chance to test their sprint speed, strategy and cardiovascular capabilities before the big event in two weeks.

—Joe Abrams, Racheal Perry & James Storm

### Results:

#### Pacific Coast Sprints 2009 Results

Round 1			
Club	Rower	Time	Place
DC	Joe Abrams	3:58.0	2nd
DC	Mike Perry	3:42.0	1st
NBRC	Abigail Smyth	4:19	2nd
DC	Racheal Perry	4:19.5	3rd
SFRC	Bob Charbneau	4:17.0	1st
SERC	Diane Davis	4:16.0	1st
DC	Annie Hinniker	4:19.0	2nd
SFRC	Joe Boone	4:26.0	3rd
Round 2			
Biac	Van Tiel	3:51.0	3rd
DC	M. Perry	3:38.0	1st
DC	Abrams	3:51.0	3rd
SFRC	Sanders	3:50.0	2nd
SFRC	Charbneau	4:20.0	1st
DC	Hinniker	4:23.0	2nd
NBRC	Smyth	4:30.0	3rd
SERC	Davis	4:05.0	1st
DC	R. Perry	4:06.5	2nd
SFRC	Boone	4:17.0	3rd
Round 3			
DC	Abrams	3:55.0	4th
DC	M. Perry	3:36.0	1st
BIAC	Van Tiel	3:51.9	3rd
SFRC	Sanders	3:48.6	2nd
PRC	Charbneau	4:08.0	4th
SERC	Davis	4:00.0	1st
DC	R. Perry	4:00.9	2nd
DC	Hinniker	4:03.0	3rd
NBRC	Smyth	4:12.0	5th

For more information about shell rowing on Lake Merced and the Bay, contact Racheal Perry at [rachealperry@yahoo.com](mailto:rachealperry@yahoo.com)



## Swim Commissioner's Report

### Bay Bridge: Anatomy of a Swim

"Dolphin Club Committee Boat *Moon*, your swimmers are heading towards the shipping lane!" These words came over the radio on the morning of May 30 during our Bay Bridge swim, as I sped along in the *Moon*. On my port side was a pack of dolphins swimming with fierce determination. Ahead and to starboard was a large vessel I was communicating with on the radio. We had jumped near the Bravo Tower of the Bay Bridge a few minutes earlier on a day when the Bay was bustling with activity. I assured the skipper of the large vessel that our swimmers were fine and that we were keeping them clear of the shipping lane.

My phone rang. Tom Keller was in a row boat telling me that the water was moving fast near shore and getting swimmers in along the shoreline was a good idea. I called Barry Christian, who was piloting the *Arias*, on the radio and let him know that we should get swimmers in closer to shore. Barry was one step ahead of me and was already letting other pilots know to get swimmers in. I could see Dave Hollembaek in the *Stack* up near the front of the pack keeping on eye on the lead swimmers to make sure they were making it safely around Pier 39 where the current wants to pull swimmers towards Alcatraz.

New member Kevin Ness, who was riding with me and helping monitor radio channels handed me the other radio. "It's Vessel Traffic. They want to talk to you." Vessel traffic wanted to know if we had communicated with the skipper of the large vessel. My phone rang again. This time it was Kevin Murphy who was in charge of a series of whale boat races from Alcatraz. He wanted to know how far along we were and if he could start his race on time. Their finish line was the opening to the cove so we had to time our events perfectly to avoid collision.

"Yes," I said, "we're on track."

A few minutes later as we rounded Pier 39 Kevin asked: "What's that?" A fishing boat was heading for shore from Alcatraz. I throttled up and headed for it. After coming up alongside the boat, and being ignored by the skipper (he wasn't slowing or changing course,) I put the *Moon* in front of the vessel and held speed in case I needed to slow the fishing boat down. I slowed; the fishing boat slowed imperceptibly but kept a course somewhere between the fast swimmers and the pack. I peeled away to head to the back of the field. A quick glance over my shoulder revealed Barry herding more swimmers back toward shore. Row boats and Kayaks cruised along the outer edge of the field with swimmers.

Not long after that, swimmers, pilots and helpers stood around chewing on homemade donuts conceived and fried up by Carrie Sloan and Ted Tilles. We sipped coffee, prepared with enthusiasm at every swim by Sue Garfield. Laura Merkl handed me the results she had helped to compile. Kent Myers handed me a stack of beautiful posters that he had designed for our trinket. The sign-in desk volunteers Cory and Jim Ferrara, Bob Lowney, and Nigel Killeen had long since gone but their early morning efforts had set us up for success. These are just a few of the names of folks who make a swim like this happen. Each swim has a few challenges, challenges that actually make the swims exciting and successful. If you haven't piloted a swim yet, try it. You'll see a completely different perspective of the swim from above the water. Keep swimming and piloting, Dolphins!

—Brian Herrick

## Swim Statistics

### Yacht Harbor Swim

APRIL 25, 2009

1	Chris Wagner (10)	29:10
2	Laura Burtch (9)	30:20
3	John Street (8)	33:43
4	Margaret Keenan (7)	34:37
5	Joe Spallone (6)	34:38
6	Andy Stone (5)	35:09
7	Nancy Cutler (4)	35:10
8	Joe Omran (3)	35:33
9	Neal Powers (2)	35:45
10	Vincent Mourou-Rochebois (1)	35:47
11	Peter Axelrod	35:56
12	David Shutt	36:10
13	Conrad Von Blankenburg	36:19
14	Doug James	36:30
15	Joni Beemsterboer	36:36
16	John Mattox	36:49
17	Dean Badessa	36:57
18	Rick Avery	37:44
19	Roxanne Phifer	37:46
20	Lolly Lewis	38:48
21	Ken Coren	40:43
22	Nobu Takahashi	40:56
23	Pete Neubauer	41:41
24	Carrie Sloan	41:50
25	Robin Rome	42:05
26	Naphtali Offen	42:24
27	Rey Hassan	43:12
28	John Ingle	44:40
29	Kent Myers	45:35
30	Joe Gannon	46:06
31	Will Powning	48:30
32	Debby Rose	49:35
33	Micky Lavelle	49:35

**Pilots:** Jon Bielinski, Barry Christian, Don Harrison, David Haskel, Reuben Hechanova, Brian Herrick, Candace Kelly, Nigel Killeen, Kevin Leeper, Bob Mackey, Neal Mueller, Jeff Russell, Bob Weil, Laurin Weisenthal, Dave Zovickian.

**Helpers:** Susan Allen, Cory Ferrara, Rey Hassan, John Hornor, Paul Irving, Nigel Killeen, Eric Larson, Susan Lauritzen, Bob Lowney, Pat McGarvey, Laura Merkl, John Nestor, Lorna Newlin, Naphtali Offen, Neal Powers, Daragh Powers, Debby Rose, Liz Van Houten, Jennifer Votava

### Dick Beeler Crazy Cove Swim

MAY 10, 2009

- Kevin  
Daniel Considine, Jennifer Lamers, Margaret Keenan

- Pedalito  
César Manzano, Vincent Mourou, John Stassen
- Dick Hanson Jr.  
Roxane Phifer, Jennifer Votava, Kristen Steck, Doug James
- Baldy  
Nancy Hornor, John Hornor, Anne Sasaki
- Lambda  
Robin Rome, Naphtali Offen, Pete Neubauer
- Molly Follicle  
Eric Larson, Andy Stone, Jim Frew
- James  
Tracy Corbin, Joe Gannon, Jim O'Conner
- Baby X  
Joe Illick, Era Osibe, Jamie Robinson
- Benedict  
Mickey Lavelle, John Renko

**Pilots:** Diane Walton, Neal Mueller, Gretchen Coffman, Heather Wylie, Jay Adams, Laurin Weisenthal, Kent Myers, Don Harrison.  
**Helpers:** Reuben Hechanova, Jennifer Lamers, Daniel Considine, Carrie Sloan, Mickey Lavelle, Bob Lowney, Nigel Killeen, Bill Burke, Julian Sapirstein, Janice Wood, Eric Shue (Eric Shupert?), Sue Garfield, Robin Rome, Joe Illick, Pete Neubauer, Naphtali Offen, Liz Van Houten, Alex Buehlmann, Nancy Friedman, Tony Reveaux, Polly Rose, Nancy Hornor, Doug James, César Manzano, John Stassen, Jeff Russell.

### Bay Bridge Swim

MAY 30, 2009

1	Michael Chase	39:15
2	John Ottersberg	41:05
3	Jon Renko	41:17
4	Laura Burtch	43:12
5	John Selmer	45:10
6	Daniel Considine	45:24
7	Michael Silva	46:33
8	César Manzano	49:13
9	Arnie Oji	49:20
10	Joe Spallone	49:29
11	Doug James	49:39
12	Sean McFadden	50:49
13	Nancy Cutler	51:01
14	Andy Stone	51:12
15	Roxane Phifer	51:16
16	Rick Avery	51:28
17	Dean Badessa	51:37
18	Gina Rus	51:41
19	Suzie Dods	51:53
20	Jay Adams	52:25



## DOLPHIN LOG SWIM STATISTICS

21 Alex Buehlmann	53:39
22 Jim Frew	55:02
23 Lolly Lewis	55:10
24 Keith Nelson	56:18
25 Micky Lavelle	59:22
26 Pete Neubauer	60:23
27 Naphtali Offen	61:12
28 Stephen Stout	62:35

**Pilots:** Abigail Ahmanson, Marcus Auerbuch, Eduardo Barranco, Jon Bielinski, John Blackman, Barry Christian, Ken Coren, Don Harrison, Reuben Hechanova, Brian Herrick, Terry Horn, Tom Keller, Kevin Leeper, Robert Mackey-Ring, Sunny McKee, Gerald Navarro, Daniel Osborne, Dave Zovickian.

**Helpers:** Susan Allen, Dean Badessa, Michael Chase, Jim Ferrara, Cory Ferrara, Jim Frew, Joe Gannon, Nigel Killeen, Morgan Kulla, Eric Larson, Bob Lowney, Pat McGarvey, Laura Merkl, Kent Myers, Keith Nelson, Kevin Ness, Naphtali Offen, Roxane Phifer, Robin Rome, Jeff Russell, John Selmer, Carrie Sloan, Andy Stone, Stephen Stout, Ted Tilles, Matt Towers, Liz Van Houten

### Pier 39 Swim

JUNE 29, 2009

1. Greg Kearney	23:23
2. David Rich	24:44
3. Jessica Snyder	26:03
4. Jay Hanley	26:11
5. John Selmer	26:14
6. Brian Fitzgibbons	26:35
7. Keith Gray	26:55
8. Eric Davis	27:03
9. Eric Larson	27:05
10. Conor Power	27:53
11. Paul Davies	28:00
12. David Shutt	28:12
13. Andy Stone	28:18
14. Kate Coleman	28:27



*Photo by Margaret Keenan*

### John Ottersberg piloting the Ft. Point Swim

15. Julian Sapirstein	28:39	25. Rick Avery	30:35
16. Doug James	28:56	26. Joni Beemsterboer	31:02
17. Terry Horn	29:11	27. Dean Badessa	31:09
18. Bill Burke	29:18	28. Nobu Takahashi	31:11
19. Vincent Monrou-Rochebois	29:50	29. Gina Rus	31:15
		30. Buckley Eileen	31:22
20. Joanne Desmond	29:55	31. Bob Blum	31:44
21. Neal Powers	30:10	32. Gretchen Coffman	32:06
22. Paul Irving	30:12	33. Van Metaxas	32:14
23. Rob Reis	30:20	34. Lolly Lewis	32:25
24. Gerard Navarro	30:27	35. Bob Colyar	32:32



*Photo by Sunny McKee*

### Swimmers prepare for start at Pier 39 Swim

36. Pete Neubauer	32:49
37. Ken Coren	33:17
38. Naphtali Offen	33:24
39. Jaimie Robinson	33:28
40. Janice McCall	33:35
41. Kent Myers	33:56
42. Stephen Stout	33:58
43. Megan Sullivan	34:18
44. David Hollembaek	34:43
45. Jeff Russell	34:45
46. Carrie Sloan	34:53
47. Rey Hassan	35:14
48. Robin Rome	35:26
49. Kristin Steck	36:12
50. Jennifer Votava	36:14
51. Lorna Newlin	38:24
52. Joe Gannon	39:12
53. Cheryl Wallace	43:49
54. Athena Kyle	44:10
55. Mickey Lavelle	45:28
56. James O'Connor	46:15

**Pilots:** Marcus Auerbuch, John Blackman, Carol Block, Jerry Block, Paul Brady, Barry Christian, Bob Danielson, Don Harrison, Reuben Hechanova, Brian Herrick, Libbie Horn, Robert Mackey, Sunny McKee, Brandi Neri, Emily Roth, John Street, Petr Votava, Diane Walton, Jay Adams, Suzanne Heim-Bowen, Si Bunting, Mark McKee, Will Powning, Eric Shupert, John Ottersberg.

**Helpers:** Susan Allen, Bob Blum, Bob Colyar, Paul Davies, Joanne Desmond, Cory Ferrara, Jim Ferrara, Rey Hassan, John Ingle, Nigel Killeen, Melissa King, Lolly Lewis, Julie Locke, Bob Lowney, Noelle Maylander, Pat McGarvey, Joy Meier, Rob Reis, Tony Reveaux, John Robiola, Polly Rose, John Selmer, John Stassen, Jack Stassen, Andy Stone, Stephen Stout, John Street (repeat in pilots), Megan Sullivan, Liz Van Houten, Cheryl Wallace, Diane Walton

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## DOLPHIN LOG SWIM STATISTICS

### Ft. Point Swim

JULY 4, 2009

1	Laurin Weisenthal	58:00
2	Michael Chase	58:30
3	Suzanne Heim-Bowen	58:37
4	Greg Kearney	1:00:17
5	John Ottersberg	1:05:06
6	Jon Ennis	1:10:12
7	Michael Tschantz-Hahn	1:10:56
8	Laura Zovickian	1:11:42
9	Jessica Snyder	1:11:53
10	Si Bunting	1:13:53
11	Michael Silva	1:15:28
12	John Stassen	1:16:18
13	Conor Power	1:18:32
14	Bill Burke	1:19:46
15	Andy Stone	1:21:53
16	Laura Merkl	1:23:04
17	Daniel Madero	1:23:07
18	Doug James	1:23:11
19	Neal Powers	1:23:28
20	Alan Budenz	1:24:02
21	Jason Prodoehl	1:25:32
22	Joseph Omran	1:30:07
23	Mickey Lavelle	1:34:40
24	Gerard Navarro	1:35:27
25	Rey Hassan	1:42:36
26	Kent Myers	1:42:46
27	Stephen Stout	1:45:55
28	Eric Shupert	1:47:56
29	James Yee	2:38:06
30	Eileen Buckley swim aids	

**Pilots:** Brian Herrick, Jay Adams, Marcus Auerbuch, Paul Brady, Ken Coren, Ed De Cossio, Renee De



*Photo by Rich Cooper*

Dolphin Club flag, donated by Jeffrey Klein, flies on our new flagpole



*Photo by Susanne Freidrich*

### Over-60 swimmers warming up—life expectancy is increasing at the Dolphin Club

Cossio, Jim Frew, Don Harrison, David Hollembaek, Frannie Hollembaek, Terry Horn, Cathy Huang, Vince Huang, Margaret Keenan, Kevin Leeper, Harry Louie, Robert Mackey, Neal Mueller, David Zovickian, John Blackwell  
**Helpers:** Brian Herrick, Jon Ennis, Neal Powers, Stephen Stout, Susan Allen, Cory Ferrara, Joe Gannon, Paul Irving, Nigel Killeen, Lolly Lewis, Bob Lowney, Joy Meier, Van Metaxas, James O'Connor, Daragh Powers, Tony Reveaux, Jaimie Robinson, Polly Rose, Nobu Takahashi, Janice Wood, John Ingle

### Walt Schneebeli Over 60 Cove Swim

JULY 12, 2009

#### COMMODORE'S COURSE: 2nd cigarette buoy and back

1	Lou Marcelli	7:42
2	Walt Schneebeli	8:25
3	Mariuccia Iaconi	8:57
4	Bob McKenzie	9:32
5	John Davis	15:42

#### MIDDLE COURSE: flag and back

1	Sid Hollister	17:29
2	Loretta Madden	18:32
3	Jack Bettencourt	18:42
4	Heidi Howell	19:16
5	Polly Rose	21:48
6	Janice Wood	21:51
7	Daragh Powers	24:26
8	Mary Lou Hirschfeld	24:40
9	David Broadbear	25:21
10	Pavla Podolska	29:38

#### LONG COURSE: flag, far boat and back

1	Alice Junes	16:58
2	Terry Horn	18:02
3	Kate Coleman	18:41
4	Andy Stone	18:41
5	Pat McGarvey	18:50
6	Neal Powers	18:50
7	Bob Colyar	19:50
8	Joni Beemsterboer	20:13
9	Pete Neubauer	20:42
10	Keith Nelson	20:56
11	Scott Anderson	20:59
12	Joe Illick	22:22

13	Ken Frank	22:36
14	Diana Anderson	25:20
15	Carol Watson	26:02
16	John Theede	26:12
17	Dennis Watson	26:15
18	Paul Brady	28:28
19	Pete Bianucci	28:37
20	Gail Grynbaum	29:50
21	Sandy Lehmkuhl	29:52
22	Joe Cowan	30:29
23	James O'Connor	32:36
24	Keith Weaver	34:54
25	Nick Strelchuk	37:07

**Pilots:** Dean Badessa, John Blackman, Don Harrison, Libbie Horn, Tim McElligott, Bingo McKenzie, Andy McKenzie, Van Metaxis, Kent Myers, David Shutt, Monica Towers, Michael Tschantz-Hahn  
**Helpers:** Joni Beemsterboer, Bob Colyar, Suzie Dods, Deirdre Dole Golani, Gail Grynbaum, Suzanne Heim-Bowen, Mariuccia Iaconi, John Ingle, Lolly Lewis, Pat McGarvey, Keith Nelson, Lorna Newlin, James O'Connor, Pavla Podolska, Tony Reveux, Polly Rose, Anne Sasaki, Andy Stone, John Theede, Liz Van Houten



EVERY FRIDAY AFTER SCHOOL, JACK AND ROLANDO HIT THE WATER IN SEARCH OF THE WRECKAGE OF THE SANTA MAREENA. LIKE ALL ADVENTURERS THEY WERE CAUGHT BETWEEN THEIR DESIRE TO HAVE THE TREASURE AND THEIR LOVE OF THE CHASE. FOR THIS REASON THEY NEVER LOOKED TOO HARD.

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## PRESIDENT'S REPORT

Ken Coren

### *A Thousand Kisses Deep*

"The ponies run, the girls are young,  
The odds are there to beat.  
You win a while, and then it's done,  
Your little winning streak.  
And summoned now to deal,  
with your invincible defeat,  
You live your life as if it's real,  
A thousand kisses deep."  
[Leonard Cohen]



Photo by Pete Neubauer

"The Pod" John Hornor, Nancy Hornor, Susan Lauritzen, Ken Coren, Anne Sasaki, Tom Vaughan

A retired fireman who has enjoyed living in the Marina for most of his life was talking about how things were going for him. He laughed and said "It's tough living out your elder years among 'The Immortals.' You know, those folks fresh out of college or grad school with great jobs, flooding out of the Marina wine bars in their tennis outfits, flying all over the world getting suntans and doing triathlons. They know they will live forever, just as they are. When you mention your aches and pains, they just blink at you, because they don't understand at all."

Over the Ft. Mason hill, here in Aquatic Park, things are slightly different. Sure, the Second Law of Thermodynamics still rules, as phrased several centuries ago by Jeremy Taylor: "The way of nature is entropy and decline—the body grows fat and pained, the mind dull and patched with fenestrations and a cacophony of nonsense." But here among the Dolphins, those lucky enough to reach Old Goat status seem to do so with a touch of internal steel, resolve and, dare I say it, downright courage.

We deny this regularly to others and to ourselves. You know how it goes: Someone finds out that you swim in the Bay, or regularly row around Alcatraz. They get all wide-eyed and excited. You tell them, "Yeah, it's something; but really, it's just fun." The truth of it is, living with the Bay, either in or on it, requires and breeds fortitude. When that water dips down below 50, past the Mendoza line, as our Commodore Lou Marcelli says: "You just have to look it in the eye and get in." And he does, and so do we.

When Joe Bruno was 80, he swam his 61st consecutive Gate crossing. As one of his pilots that day, I was concerned because he seemed to be having trouble holding a course, adjusting to the currents. As he persisted, I noticed that his stroke was consistent and, while not powerful, unflagging. I began to appreciate the knowledge his body had accumulated over the decades, and the strength of his will. It was a warm summer day when Joe had once told me that it was always difficult and cold for him when he first got in the water, regardless of the season.

Living proof for Mark Twain, who had observed: "It is curious - curious that physical courage should be

so common in the world, and moral courage so rare." I, for one, am thoroughly impressed with the folks of the Dolphin Club. However, what distinguishes us is not readily apparent, because it permeates our group. Studies have found that more than half of all New Year's resolutions are abandoned before the first day of Spring. While, as Barry Unsworth wrote, "Men are distinguished by the power of their wanting;" nevertheless, undistinguished behavior is definitely the norm. In the words of Durant: Ordinary people have "...a thousand wishes but no will." It takes a dose of courage to begin to do the things we Dolphins do. After that, the fortitude grows and shapes us.

Who are these people by our sides and what lives behind those eyes? After the 2007 Dipsea, longtime Dolphin Anne Sasaki and her soon-to-be husband Tom Vaughan were kind enough to share their post-race picnic. Tom had run a good race and finished well, but gave most of the credit to having aged into the generous head-start generation given by the Dipsea handicapping officials. The next year, Tom trained hard, ran well and felt great. Two months later he was diagnosed with pancreatic cancer. As a physician, Tom knew he would probably not live to see Christmas, 2008. He told me there was nothing exotic about his cancer, no magic "Steve Jobs" cures available. He faced up to a massive surgical procedure that was cut short due to the extent of the disease. Tom's rowing and swimming throughout the winter and spring depended upon how much the chemotherapy had weakened him.

In late April we joked about how there's always some good to come from any situation, and at least now he wouldn't have to deal with the annual poison oak ordeal that is one of post-Dipsea "joys" shared by many. On June 14, 2009 Tom reached within, ran and completed the Dipsea. At the post-race awards ceremony, the exuberant crowd of elite athletes, their families and friends, fell to a hush when Dolphin Tom Vaughan took the podium to receive the Norman Bright Award for "Extraordinary Effort in the Dipsea."





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& Boating Club  
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## 2009 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thur, 8:30 am	New Year's Day Alcatraz
Jan 17	Sat, 7:30 am	Pier 41
Feb 8	Sun, 8:00 am	Handicap Cove
Feb 14	Sat, 1:00 pm	Old Timer's Lunch
Feb 28	Sat, TBD	Gar Woods Polar Bear (Lake Tahoe)
Mar 21	Sat	Polar Bear Swim Ends
Mar 22	Sun, 7:30 am	Gas House Cove
Apr 25	Sat, 9:30 am	Yacht Harbor
May 10	Sun, 8:30 am	Dick Beeler Crazy Cove
May 30	Sat, 7:45 am	Bay Bridge
Jun 1	Mon	100-Mile Swim Begins
Jun 21	Sun, 8:15 am	Crissy Field
Jun 28	Sun, 7:15 am	Pier 39
Jul 4	Sat, 7:15 am	Fort Point
Jul 12	Sun, 9:00 am	Walt Schneebly Over 60 Cove
July 18	Sat, TBD	Trans Tahoe Relay
Aug 1	Sat, TBD	Santa Cruz One Mile
Aug 15	Sat, 5:00 pm	Over 45 Twilight Gashouse Cove
Aug 23	Sun, 8:30 am	Alcatraz
Sep 12	Sat, 8:00 am	Joe Bruno Golden Gate
Sep 26	Sat, 9:00 am	Escape from Alcatraz Triathlon
Oct 18	Sat, 9:00 am	Dolphin/South End Triathlon
Oct 31	Sat	100-Mile Swim Ends
Nov 14	Sat, 5:00 pm	Pilot Appreciation Dinner
Nov 26	Thur, 8:30 am	Thanksgiving Day Cove
Nov 27	Fri	Grizzly Bear Challenge
Dec 19	Sat, 8:30 am	New Year's Day Qualifier
Dec 19	Sun, 10:30 am	Holiday Brunch Party
Dec 21	Mon	Polar Bear Swim Begins
Dec 31	Thur 11:59pm	Grizzly Bear Challenge Ends

### ROWING TRAINING

On the these Saturdays  
beginning at 9:00 am:

January 24, Saturday  
February 21, Saturday  
March 21, Saturday  
April 18, Saturday  
May 23, Saturday  
June 20, Saturday  
July 18, Saturday  
August 22, Saturday  
September 19, Saturday  
October 24, Saturday  
November 21 Saturday  
December 19, Saturday

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
  2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
  3. For out-of cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
  4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
  5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
  6. Swim sign-up sheets are posted two weeks prior to each swim.
  7. Time limits are imposed and enforced for all swims.
  8. All club boats are reserved for scheduled swims.
- Additional qualifications for Alcatraz and Golden Gate Swims
9. In-town members must successfully complete three swims and pilot or help on at least two others.
  10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.

Alcatraz Island  
1.4 miles



Fort Point  
3.5 miles

Yacht Harbor  
1.5 miles

Crissy Field  
2.5 miles

Pier 41 1/2  
1.2 miles

All times are approximate & subject to change.  
TBD means "to be determined".





FALL 2009

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

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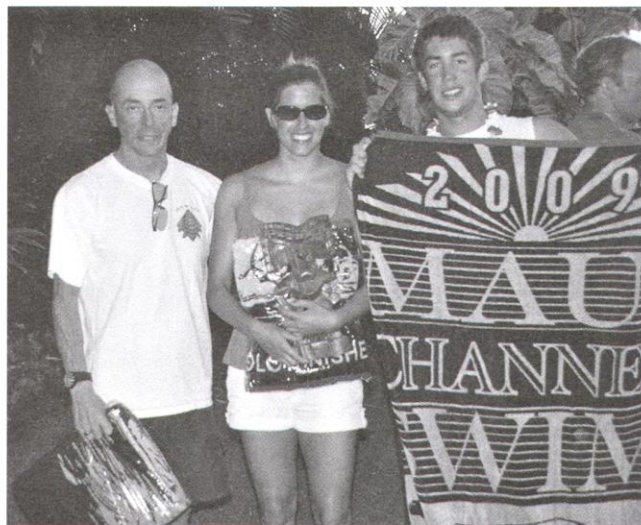
## Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

## Maui Channel Swim

Three Dolphins, Bob Lowney, Laurin Weisenthal and Greg Kearney participated in the Maui Swim. Laurin was the first woman soloist and holds her award in the photo. The day was clear, and of course warm but the water was extremely choppy with four foot swells for about two hours, then it calmed down a bit. But after 11 a.m., it picked up and was choppy and rough for the rest of the day.

The Maui Channel Swim, dating to 1972, is one of the longest, open water relay swim race in the world and one of the most popular. The 9.5 mile



Three dolphins, Bob Lowney, Laurin Weisenthal and Greg Kearney, at the celebratory dinner the night of the Maui swim

swim starts at Club Lanai, a resort on the island of Lanai, and crosses the Au Au Channel to Black Rock at the Kaanapali Beach Resort on Maui. This channel is notorious for its swift currents but also its wonderful Hawaiian water. Teams and soloists come from all over the mainland, as well as Australia, Japan, and Taiwan to compete. California, Texas, New York, Hawaii, Washington, and many other states were represented. Ian Emberson, a Kauai resident, has done an outstanding job coordinating the race for nearly 20 years.



LUISA AND ELENA LAVALEJO HAD BEEN OCTOBER BABIES. THEY LOVED THE BEAUTY OF THE FALL BUT HATED BIRTHDAYS, SO AUTUMN LEFT THEM FEELING BITTERSWEET.



## A Most Inspirational Swimmer

Roxane Phifer joined the Dolphin Club in December 2009 with every intention of completing the Polar Bear challenge. But on her first day out, she got half way to the flag, couldn't take the cold, and swam shivering back to the beach. Mmm, she thought, this calls for a little acclimatization, for, as she says, "I love a challenge. And when I take on a challenge, I meet it." So for the next two weeks she swam laps in her local club's outdoor, unheated, 45-degree Fahrenheit pool.

Now she was ready to begin a regime that included coming to the club three days a week and triple dipping twice on



*Roxane Phifer*

the weekends. By the end of February, she had her 40 miles the Polar Bear was in the bag.

She lives in Vacaville 55 miles away. That's an hour each way when the traffic's good, and nearer two hours when it isn't. Last winter she drove 2700 miles just to swim in the bay.

Roxane has another hobby: baking pies, cookies, and cakes, she enters them all in the state fairs around the Central Valley, and often wins. When she's not swimming, driving or baking, she works full-time at a jellybean factory, controlling the visitors' gateway. One of the perks of working there is to eat as many jellybeans as you want. Between pies and jellybeans, Roxane had gotten a little overweight. But in the first six months she started swimming, she lost 25 pounds and no longer had high blood pressure.

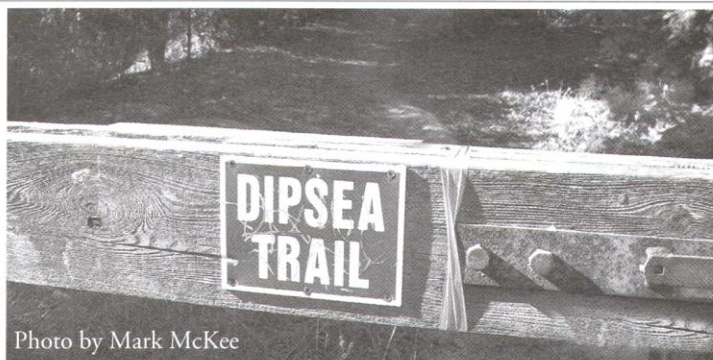


Photo by Mark McKee

*Now it gets hard!*

As of the end of August, Roxane, still making her long pilgrimage three times a week, was on track to complete the 100-mile summer swim on schedule. Despite a sprained ankle, requiring crutches she made it.

### Escape From Alcatraz Triathlon

On September 26th, 54 individuals and 9 relay teams competed in the 29th annual Dolphin Club Escape from Alcatraz Triathlon. It was a beautiful fall day with temperatures reaching into the 90's. The course began with a swim from Alcatraz to the DC, followed by a bike to Mill Valley and then, the hardest part, a double Dipsea. The heat made a difficult 14 mile double Dipsea run extremely more challenging. All of the participants finished the grueling

event and celebrated in true Dolphin Club form at the awards dinner later that evening. It was a great event in which 74 volunteers helped to make it a safe and fun day. Mary Cantini set the record for the most Escapes completed with 22!

### Jim Hamilton 1930-2009

*Jim Hamilton* had an achievement that stood out on his resume: he was a screenwriter on the 1977 Sam Peckinpah movie "Cross of Iron." But it was only one part of his Mill Valley life, which included work as a magazine writer and a longshoreman, as well as life membership in the Dolphin Club. He loved the Bay Area, whether he was socializing with other writers in the Washington Square Bar and Grill or enjoying his outrigger canoe. He died in early September at age 79.

He was born in Indiana, but came early to San Francisco and graduated from SF State with a degree in English. On magazines he specialized in profiles, Studs Terkel and Harry Bridges among them. His most notable work in Hollywood was with Peckinpah, a difficult person whom Jim got along with just fine. One of his fellow writers characterized Jim as "a pleasant guy who looked tough and could talk tough, but there was just something about him that was so agreeable. It's rare to find such talent and agreeableness in such abundance in one person."

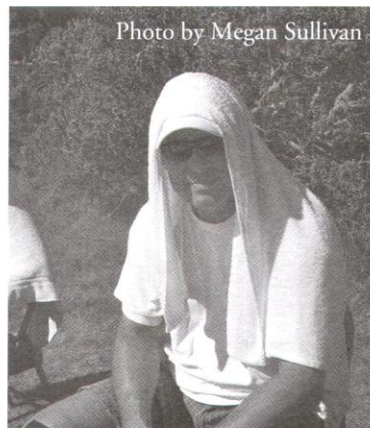


Photo by Megan Sullivan

*Bob Blum tries to stay cool at Cardiac aid station*



# Seven Swimming Samurai

## *challenging the Bay's pollution*

Jeff Russell



Photos by Jeff Russell

*Swimmers and crew: Jeff Russell (crew), Ralph Wenzel, Tom Keller, Laura Zovickian, Mike Chase, Duke Dahlin, Barbara Byrnes (crew), Johns Ottersberg, Jon Ennis and Peter Molnar (skipper)*

Swoosh, chuck. Swoosh, chuck. Swoosh, chuck. The cadence of arms and legs slapping against water supplied the rhythm for the twilight melodies of animals hidden in the riparian thicket of Steamboat Slough. Aided by a steady current, Duke Dahlin crawled across the smooth surface of the channel, taking breaths on his right side to keep sight of the kayak that guided him safely through the dark water. Not far behind, the crew and swimmers aboard the sailboat *Poseidon's* settled in for the first evening of a nonstop 43-hour, 100-mile relay swim across the heart of one of the richest and most fragile estuaries in the world.

The jump earlier that day coincided with one of the hottest of the year. As we loaded up the *Poseidon's* at the Sacramento Marina just south of downtown, the mercury was already in the 90s and climbing. A few local media outlets showed up at the dock to verify the implausible rumor: seven swimmers were going to swim in relay from Sacramento to San Francisco. Their goal was to raise support for clean water and Baykeeper, the nonprofit pollution watchdog of San Francisco Bay.

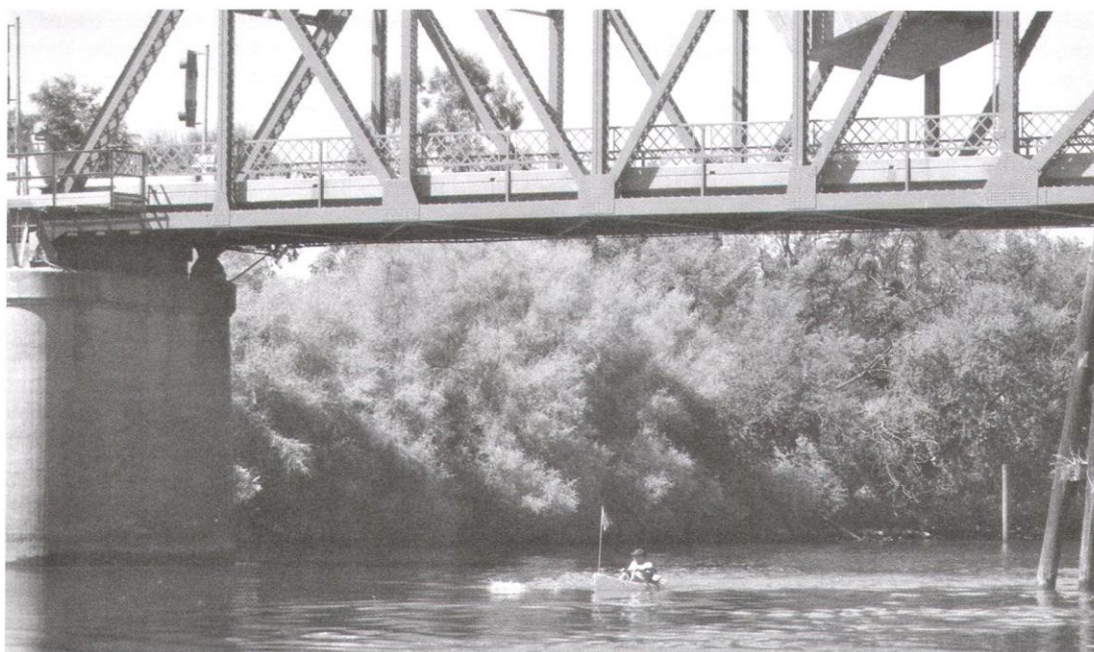
The swimmers preparing to embark was not exactly a garden-variety group. It was closer to an aquatic version

of the Dream Team. Seven Dolphins—Dahlin, John Ottersberg, Tom Keller, Laura Burch, Ralph Wenzel, Jon Ennis and Mike Chase—alternated swimming one-hour legs, with at least one swimmer in the water at all times (Suzanne Heim-Bowen joined the group at the halfway point in Benicia). Barbara Byrnes was the designated kayak pilot. Dolphin and seasoned captain Peter Molnar volunteered to carry the team aboard the *Poseidon's*, a 35-foot racer with four berths and one head that we would call home for a weekend.

"Feels like bathwater, tastes like Coors Light," Keller shouted from the river shortly after we pushed off. Just a few miles south of the state capital, the water of the Sacramento River was less than inviting. It was warm, murky, and "just a little too fresh," commented Burch. Most disturbing, though, was the jetsam from the metropolis upstream that littered the surface. We pulled what trash we could from the river—water bottles, shaving cream cans, and other detritus of modern living—but quickly realized that, at the pace we were collecting it, garbage would eat up every last space on the small craft.

Fortunately, much of the Sacramento River retains its





*Duke Dahlin pilots swimmer Tom Keller as they pass under the Rio Vista Bridge*

natural splendor. At sundown, we pulled off the main river and into Steamboat Slough, a sliver of the Delta seemingly frozen in time. Blue Herons and Snowy Egrets swooped in and out of the dense canopy along the riverbanks. Water snakes skimmed the still surface of the river. Every so often we passed couples perched on the riverbank with fishing lines cast into water where white sturgeon and a shrinking population of Chinook salmon still attempt seasonal upstream migrations to spawn each year.

The slough, a narrow channel that provides a bypass around a sweeping oxbow in the Sacramento River, was once a primary route for the paddlewheel steamers that shuttled passengers and goods between the gold mining hub of Sacramento and San Francisco. Before that, it was one strand in a web of hundreds of streams, creeks, and swamps that are collectively called the Delta, an estuary covering more than 750,000 acres. Dominated by the confluence of two rivers, the Sacramento and the San Joaquin, the Delta drains more than 40 percent of California's surface area into the San Francisco Bay and provides habitat for more than 200 species of birds, 130 species of fish, 22 species of amphibians and reptiles, and 52 species of mammals, including—this particular weekend—seven *Homo sapiens*.

Garbage is the most conspicuous pollutant in the Delta, and its consequences for aquatic life are just as obvious, to tragic effect: fish starve because their stomachs are full of plastic particles, pelicans entangled in fishing nets struggle to fly, and turtles drown after losing battles with plastic shopping bags. Floating trash was also a concern for the swimmers, though to a far lesser degree. As mentally unsettling as it was, nobody was going to experience debilitating health effects from taking in a mouthful of Styrofoam or slapping a beer can mid-stroke. "I don't worry as much about trash," said Burtch. "The biggest concern is the pollution we can't see and don't know about."

Indeed, invisible pollutants present a far more pernicious

threat to the plants and animals that live in the water, as well as the people that use it for food and recreation.

"Trash is less of a human health concern," according to Jen Kovecses, Baykeeper's resident water scientist. "The main worries are around the pathogens that [swimmers] are exposed to when swimming in potentially polluted waters."

We made incredible progress the first night. A strong downstream current ushered the swimmers through Steamboat Slough faster than we had anticipated. We hit a six-foot flood tide shortly after midnight and by 3 a.m. the current was threatening to erase our gains. Wenzel and Burtch, whose swim shifts coincided with the peak of the flood, pulled the team through with aplomb. I was at the helm of the *Poseidon's* during Wenzel's swim leg while Molnar scanned the shore for landmarks. "Hey, aren't those Ralph's red trunks?" Molnar said with a surprised chuckle. Sure enough, a Speedo-clad Wenzel—barely visible in the pitch black night—was standing in knee-deep water about 50 yards off the boat's starboard side, looking around to plot his course. He had been swimming near shore to avoid the fierce inbound current of the deeper water and to take advantage of eddies. Back in the boat, he explained that he had been pulled into water so shallow that he was crawling along the mucky bed of the river, colliding with tree stumps and other debris along the way. "I thought about walking that section to make up time, but that may have broken the rules," Wenzel mused.

Morning on the second day of the swim found the *Poseidon's* back on the main shipping channel, roughly 20 miles northeast of Pittsburgh with the gray outline of Mt. Diablo off our bow. A stiff westerly breeze had gained steam through the early morning, and by sunrise on Saturday we were cruising under a cold, blue, cloudless sky with 15-20 knot winds that would accompany us for the remainder of the journey. As the tide gradually shifted into a big ebb, we harnessed the combined momentum of the river current and an outgoing tide to push for the



Benicia Bridge by nightfall.

Though this section of the Delta appeared to contain far less garbage than the Sacramento River, it was also home to a number of landmarks just as psychologically menacing, if not more so, for the swimmers. Sewage outfalls lined the shore with increasing frequency. Oil refinery tanks and power plant smokestacks loomed behind them. What was in the water here? Besides the absence of brine, was it any better or worse than the water that flushes through San Francisco's Aquatic Park?

Open water typically contains hundreds of millions of microorganisms, most of which serve a beneficial purpose and are completely harmless to humans and other animals. But among them are pathogens: microorganisms such as bacteria, viruses, and protozoa that can cause illness and disease.

Pathogens—derived from the Greek pathos, which means “suffering” and gen, which means “give birth to”—have been around since life first appeared on earth. They are one of nature's most powerful evolutionary tools to control the populations

of living things, from cells to plants and animals. Pathogens proliferate by moving between various “hosts,” and are by far the biggest threat to the health of open water swimmers.

The life of a waterborne pathogen is fairly simple. They reproduce in any warm-blooded creature and are expelled in fecal matter. From there they make their way to the water, usually through sewage pipes, but often through storm water runoff. Their lifespan in the water varies, but once they make their way into the body of a swimmer or marine mammal, the process begins all over again. The immune systems of most people are quite able to combat pathogens unless they are present in high concentrations, invade weakened immune systems, or consist of microbes that are especially insidious. Fortunately for the relay swimmers, the dryness of the summer months meant that there were fewer opportunities for pathogens to be transported into the Bay, though sewage spills were still possible.

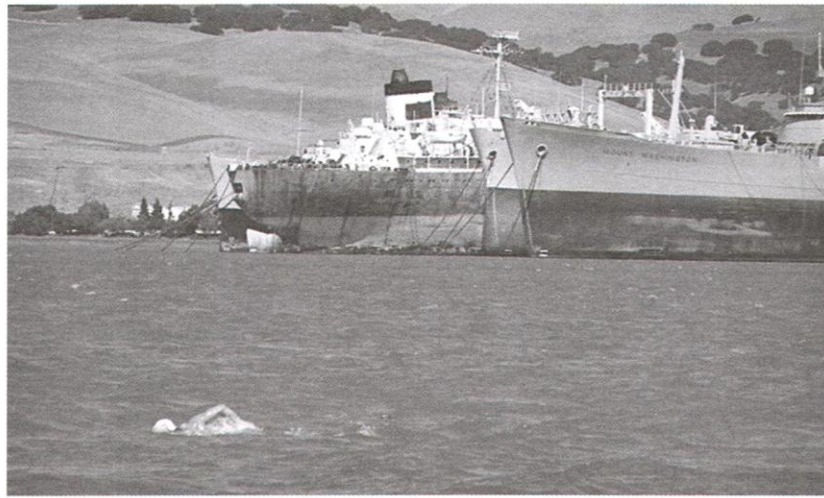
We rode an ebbing tide through Carquinez Strait on Saturday afternoon, well ahead of our forecasted schedule. Once we entered San Pablo Bay, conditions quickly deteriorated. The ebbing tide collided headlong with unrelenting 30-knot westerly winds, resulting in five to six foot seas with diminishing daylight. Wenzel's and Ottersberg's swim legs coincided with the roughest conditions. They plowed through the wakes with grace and humor, despite going airborne at times and occasionally losing sight of the Poseidon's behind a wall of

water. “I asked for Swedish, not deep tissue!” Ottersberg exclaimed to the crew while forging through some angry water. As we passed through the mouth of the San Pablo Bay at Richmond, the seas finally began to calm, and we at last entered the San Francisco Bay.

During an exceptionally wet weekend in February 2009, nearly 900,000 gallons of sewage spilled from a treatment plant in Richmond into the Bay. Rain had slipped into the sewage system through cracks and leaks in the city's crumbling underground pipes, and the volume of water overwhelmed the treatment plant. Sadly, this scenario is fairly common: cities defer maintenance of their sewage systems and they eventually fall into complete disrepair. When big storms hit during the winter, the vulnerabilities are exposed and invariably

result in massive sewage spills.

Sewage spills like Richmond's carry significant concentrations of pathogens. When a large spill occurs at a distinct location, called a “point source,” the pathogens and corresponding illnesses are relatively easy to pinpoint. According to a 1999 study by the University of Southern California's Keck School



*Mike Chase swims past the Ghost Fleet in Suisun Bay*

of Medicine, pathogens typically found near a point source “[have] been linked to a range of human health problems including diarrhea, cold, fevers, chills, sore throats, and skin, ear, respiratory, eye, and wound infections.” Not surprisingly, the study found that people who swim near point sources, such as storm drains and sewage outfalls, experience higher levels of the pathogens that cause those problems.

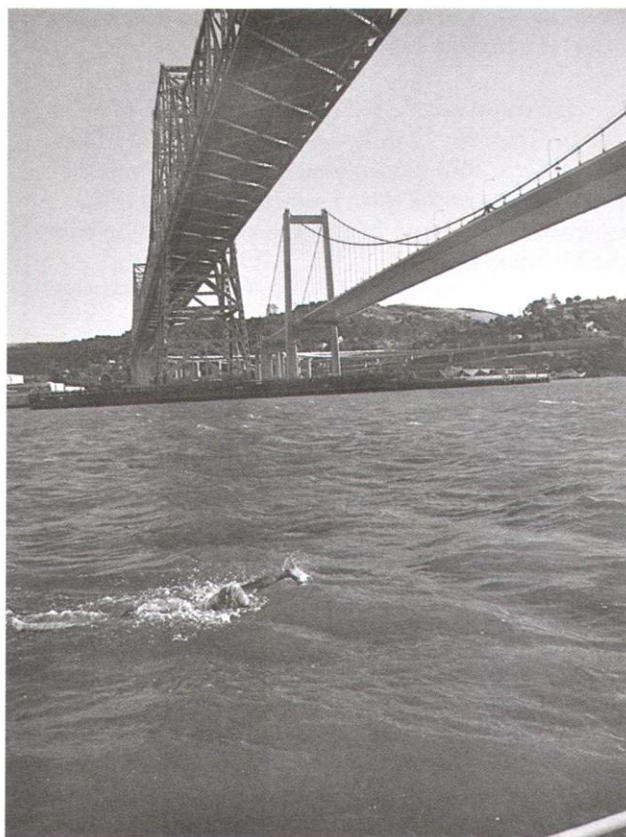
Indeed, a number of the swimmers aboard the Poseidon's had suffered through the consequences of swimming in unquestionably dirty water. During a race down the Russian River in the midst of a drought, Ottersberg encountered a shallow section, no more than two or three feet deep. “The frenzy of activity stirred up all of the muck and pollution that had settled on the riverbed, and we were swimming through water as dark as a chocolate milkshake,” reported Ottersberg. The next day, he awoke to severe nausea and flu-like symptoms. Several weeks of medication were necessary to eradicate the parasite. While swimming in the notoriously foul Harlem River, Dahlin ingested a pathogen called *Campylobacter*, a corkscrew-shaped bacterium that is often associated with food poisoning, and endured the classic symptoms two days later.

Most open-water swimmers will never encounter water so heavily laden with pathogens. Tests of water samples from the Bay indicate that, with the exception of major rain events and sewage spills, the water is generally clean and safe for swimming year-round. Yet



swimmers occasionally complain of mysterious respiratory infections, skin rashes, and gastrointestinal problems that—because other swimmers share the same complaints—are blamed on the water. Are they a result of waterborne pathogens?

When pathogens are present in lesser concentrations,



*John Ottersberg makes his way under the Carquinez Bridge*

such as days after a spill or storm, the impacts on human health are unclear. This is mainly because of a lack of research on the subject: the affected population is small since most people avoid the colder water of the wet season. Baykeeper is collecting data about how many people use the Bay during the winter to bolster their lawsuits that seek maintenance of failing sewage systems and stricter enforcement of the Clean Water Act. Though the relationship between waterborne pathogens and human health is complex, the winter spills that dump untreated sewage tilt the scale against the health of swimmers enjoying their invigorating dip in the brisk winter water.

With more than 40 hours and 100 miles in our wake, the swimmers made the final push toward the twinkling lights of the City during Sunday's predawn hours. One of the swimmers decided to swim the final leg sans suit, cloaked only by the moonless night. As we traced the eastern shore of Angel Island and made the final crossing from Alcatraz to Aquatic Park, it was easy to understand why we swim in the Bay in spite of the risks. Bound by an *esprit de corps* and huddled under blankets on the deck of the Poseidon's, with a naked swimmer off our starboard hull, we skirted quiet islands and the lurking shadows of giant cargo ships, and spoke of great swims to come.

## Below the Mendoza Line

John Pelka

*If you are swimming in water below 50 degrees,  
you are swimming below the Mendoza Line*

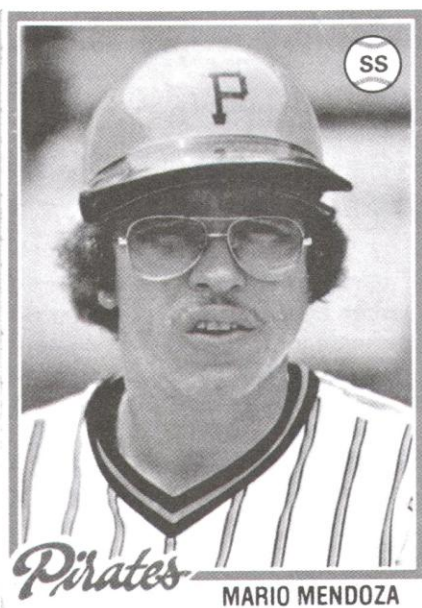
According to baseball author Al Pepper, the Mendoza line is an informal term used in professional baseball as the threshold for incompetent hitting. The term is named for former major league shortstop Mario Mendoza (born December 26, 1950 in Chihuahua, Mexico), who played for three teams (the Pittsburgh Pirates, Seattle Mariners and Texas Rangers) between the years 1974 and 1982. Mendoza was a flashy defensive player but a poor, struggling hitter. Although his lifetime batting average (the number of hits divided by number of at-bats) was .215, his average in any particular year frequently fell into the .170 to .180 range. This is low. The Mendoza line is said to occur at .200, so when a position player's batting average (other than pitchers) falls below that level, it is difficult to justify his presence in the major league despite his defensive abilities.

Coinage of the term has been credited to the Hall of Famer George Brett, who is said to have remarked, when asked about his own batting average, "the first thing I look for in the Sunday papers is who is below the Mendoza line." Pepper also suggests that others may have created the expression, and an alternative explanation of the Mendoza line exists as the concept of a player failing to "hit his weight" (Baseball-Reference.com lists Mendoza's weight at 187 pounds). However, most give credence to Brett as being the originator of the less-than-complimentary term for lackluster hitting.

So, are Dolphins sitting around the sauna paying homage to the line named after Mario Mendoza? How was this mythical line meant to separate decent hitters from lackluster hitters transformed into a line that distinguished hardier swimmers at the club from the rest? How did an indicator of a batter's struggles at the plate become a barometer for a swimmer's tolerance for pain? Moreover, who was responsible for spawning the term into a permanent piece of Dolphin jargon?

Members interviewed for this article all agreed that it is our own commodore Lou Marcelli, an avid baseball fan, who first uttered and then began popularizing the term more than 25 years ago; there is no documented or anecdotal evidence to suggest otherwise. When asked, Lou, who is more akin to a DiMaggio (lifetime batting average of .325) than a Mendoza in our swim world, hardly denied the credit. Quite the contrary, as he explained: "It was a really simple solution. I switched the reference from below .200 in baseball to below 50 degrees in swimming, and it stuck. By the way, I heard we got a rookie member in the club named Mendoza and I wish him luck. Say, is the baseball guy dead yet?" [1] Who dares question the greatness or veracity of our commodore, especially when he is out there swimming below the notorious line of his own making?





### *There are easier ways of Swimming Below the Mendoza Line*

Less intrepid swimmers take heart. While Lou may not agree, there are other ways you can look fellow Dolphins in the eye, and say that you too have swum below the Mendoza line.

-You could take U.S. Highway South out of Austin, Texas for 21 miles and reach Mendoza, Texas (population: 100) named after an early settler in the area. Just across the town's southern city limits lies Cowpen Pond. Jump in and you are swimming below the Mendoza line.

-You could hire The Mendoza Line, an indie pop band named after the dismal .200 batting average (check out their music on YouTube), to your next poolside party. Swim a lap and you have swum below The Mendoza Line.

"Below the Mendoza line" transformed from a simple term of derision in baseball to a threshold of a swimmer's fortitude. Next time you're with fellow Dolphins, and should the talk turn to a baseball player's poor hitting, rather than saying something completely inept like "he couldn't hit a sea lion in the ass with a paddle" or "he couldn't hit a life jacket," drop a reference to sure-fire Mendoza. And when the topic inevitably turns to the falling water temperature, mention his namesake line and now everyone will understand. More importantly, you'll be batting a thousand with Lou.

[1] *Note to Lou:* After a successful managing career in the states including one season at Shreveport with the San Francisco Giants (the team Mendoza hit his first home run against), Mendoza returned to Mexico in 2000 and went on to manage various teams there. He began 2007 as manager of the Piratas de Campeche, but was replaced mid-season when the team was struggling. Even in Mendoza's native land, announcers for ESPN Deportes refer to the "Mendoza line", and it is said he now enjoys the fame of the term.

### *Other Mendoza Lines*

An Internet search revealed that Mario Mendoza has left his mark not only in the sports of baseball and club swimming but in a variety of disciplines, from entertainment to media to banking.

-On the CBS TV show "How I Met Your Mother", Barney tells his friend Ted that Ted's new girlfriend, whose "craziness outweighs her hotness," is "below the Vicki Mendoza diagonal" referring to the Mendoza line and a woman he once dated.

-On "Beverly Hills 90210", a high school teacher asked Brandon to raise his grade average above the Mendoza line if he hopes to pass.

-When Rudolf Giuliani secured only one delegate in the primaries, MSNBC political news analyst Keith Olbermann referred to a "Mendoza line of presidential politics" when discussing Giuliani's withdrawal from the 2008 U.S. presidential race.

-In the auto insurance industry, a claim representative's Mendoza line is when his/her case load exceeds 100 vehicles, as it generally creates mass confusion in the office, and takes a long time to resolve.

-In the motion picture industry, the Mendoza line is used to describe a movie that earns less than \$2,000 per theater on average over a weekend. Movies below the Mendoza line tend to quickly disappear.

-Private banks tend to hold reserve requirements for their major customers, but if a client's account dips below that reserve, that client is said to be below the Mendoza line.

-And in the opposite direction, CNBC contributor and global financial strategist Andrew Busch referred to Ben Bernanke's Mendoza line as the unemployment rate remaining above 9.5 percent, and the reason why the chairman of the Federal Reserve Board could lose his job.





# The Minnesota Boundary Waters

Phil Rollins

**I**t was early August in Northern Minnesota. To give my wife Jane room to host her girlfriends at our lake cabin, I escaped to the Boundary Waters Canoe Wilderness Area (BWCWA) in far northeastern Minnesota. On a Saturday morning, I drove off in our lake car, a 1991 Buick Le Sabre lacking odometer and springs, for Duluth and 150 miles beyond. I hadn't camped since a canoe trip to Alaska 20 years ago, and my watch stopped on the drive up, but, hey, I can handle this.

Lake friends had expressed dismay, even concern, that I was undertaking this trip alone. It wasn't clear if they worried for my safety or envied the adventure; more of the latter is my guess.

Over one million acres and hundreds of lakes make up the BWCWA, located just south of the Minnesota/Canadian border. Congress established the area in 1978, which protected it from development of any kind. No motors are allowed, only canoes and kayaks, and there is no cell phone service. It's a huge area of pristine waters and land, quiet, with stunning natural beauty. And yes, the swimming, canoeing, and fishing are unsurpassed.

Voyageur Canoe Outfitters ([www.canoeit.com](http://www.canoeit.com)), located at the end of the Gunflint Trail, provided all the gear (canoe, tent, sleeping bag, kitchen items, lots of rope) and four days of freeze dried food. My contributions were fishing stuff, fresh fruit and vegetables, two bottles of chardonnay (in plastic) and clothes, including the ever-important swimsuit.

The outfitters gave me several warnings: bears roam the

area, food must be strung from trees at night, pay attention to the map, don't wait until the end of the day to secure a campsite. Then they packed my canoe and I pushed off early Sunday morning, with three huge waterproof packs,

the fishing gear, paddle in hand and a map of Seagull Lake on my lap. Seagull Lake, I soon learned, has many islands, making navigation difficult. One can't see over one island to the next and they all look the same. Within 15 minutes I was lost. After 30 minutes of paddling,

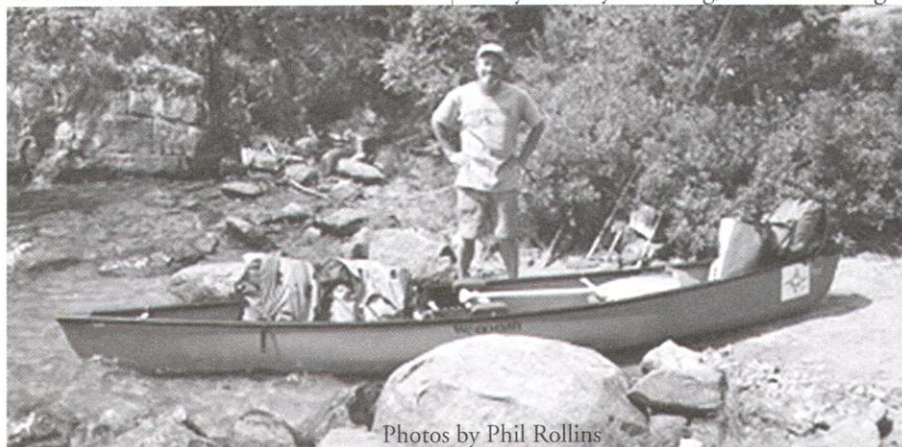
a passing canoe of a senior father and a 40-something daughter flagged me over, dad in back steering. We compared maps and estimated locations, only to find we were far apart in our assessment; we went off in different directions, still feeling lost.

The wind came up, making it difficult to make headway, but by following the shoreline, I managed to paddle down

the lake, in search of a campsite. After a couple of hours, with no other paddlers able to provide any navigational assistance (most too were lost), there appeared a group of about 15 young women rock climbing a 75 foot sheer cliff on one of the islands, complete with ropes, pitons, hammers, and a lot of other gear, which they must have

brought by canoe. They did know where they were and set me straight. Within 10 minutes a great campsite had been secured. It would serve as my "headquarters" for the next four days.

Although my trip was primarily to fish, the desire to immerse myself in the water was irresistible. Once settled



Photos by Phil Rollins

## Prologue



## Act I



in camp, after a quick late lunch in company with two garter snakes and many chipmunks seeking handouts, I ventured into the pristine waters of Seagull Lake, sans suit of course. Alone, in unfamiliar wind-whipped water, my course was relatively close to shore. Deep, dark water filled a lake carved by glaciers centuries ago, eerie, yet glorious. The feeling was similar to the sensation of swimming across Lake Tahoe: great visibility, fresh tasting water, and the feeling that I was swimming atop a piece of glass looking down, deeply.

Although no bear visited my island campsite, there were wild raspberries everywhere to attract them. Canoeing one afternoon, I came upon a small island covered in blueberries, which found their way to my breakfast oatmeal. I sacrificed a lake shoe on the end of a rope, thrown over a treetop to get 4 days of food and beverages up the tree away from possible marauders.

With no watch, time was no longer the reference for starting and ending activities. There was a very odd sense that it didn't matter what I did when, as long as the dishes and pans were washed before dark. Unshackled from the clock, I felt a freedom I've seldom experienced. The solitude was magnificent. There were other paddlers, most on the way to other destinations. But, late in the day and at night, there was no one to see or hear. It was divine.

Serendipitously, the full moon coincided with my trip. On the first night, after watching a magnificent sunset from the crown of "my" island, I turned round to face a huge full moon rising. Each evening, the scene was repeated. The lake, like many in the BWCWA, is filled with islands, some fully wooded, some burned in lightening fires, some covered in broken and dead trees blown down in the "straight winds"

that develop as downdrafts when thunderstorms reach the ground and spread out.

I have a big thing for water. I just want to be near it, on it, in it, looking at it. Fishing is just one more way to experience water and the Boundary Waters are full of fish, mostly smallmouth bass, northern pike, and walleye. With three rods to hand, including a fly rod for tempting fish to the surface, I was well prepared.

One afternoon while fishing from the canoe, a large (24" or so) pike found my offering. During the arduous process of bringing the fish to the canoe prior to release, he jumped and danced on his tail, until I thought he would boogie over the gunnels into the canoe. Pike have nasty teeth and a reputation of keeping the bite on until whatever they find is consumed. The mouth on this fish was large enough to grab my wrist or ankle and I considered my options if we were both to occupy the canoe at the same time, namely my leaping into the lake. That didn't prove necessary,

fortunately for both of us.

Although the swimming, camping, fishing were all exceptional experiences, it was the release from time constraints, the solitude, and the silence that will stay with me longest. On hearing the first motor in 4 days on the paddle out, it struck me that life in civilization pretty much forces

us to operate within certain boundaries, such as time and its demands and constraints. While some may be aware of those boundaries, for me it took a trip into the Boundary Waters to realize the sacrifices we make daily to exist in our "civilized" world. Try getting away sometime. Leave your watch and cell phone at home, and become "unbounded."



*Act II*



*Act III. Escape*



## Rowing in Dolphin Blue for the 2009 Open Water Championships

Four years ago the North American Open Water Rowing Championships (NAOWRC) were created by local shell manufacturer MAAS Boats to bring together open water's best rowers to compete in a nationally recognized competition. In addition to the top open water rowers, the NAOWRC features local nationally-ranked flat water rowers who are being wooed to make the leap to the open water racing circuit.

This year's competition was scheduled for the Narragansett Bay around the island of Conanicut, home of Jamestown, RI. The 15.5-mile counter revolution around Conanicut promised challenging water, current, and wind—ideal conditions for an open water competition. The one portion of the race that was a welcome relief was the water temperature, 72 degrees! I knew that I wouldn't wince at the first splash of water that hit my back. Back home in the Bay, I liken that first splash to an ice pick in my back.

I competed in last year's NAOWRC in Sausalito and finished 4th. This year, I had something more to prove to myself; I knew I could do better than 4th! But the location posed the logistical challenges of getting a boat to Rhode Island, a hotel, food, sleep – things I don't typically worry about when racing locally. MAAS, based in Richmond, CA, trailered all rowers' boats and oars from the west coast to the race location in Rhode Island. The boats were specially wrapped in a protective cotton sheath covered with plastic and lots of tape. I had trained in Surf Scoter, the Club Maas 24 boat, so I was delighted that I could race in her, too. Once the boat logistics were worked out, everything fell into place and we (Charlie McIntyre—my support staff, boat boy, stress reducer, coach, and race strategist—and I) were off to the races!

Two days before the race, with the threat of Hurricane Danny looming, the decision was made to change the course to a more protected piece of water, the Providence River, and a shorter course, 10.4 miles. It was a disappointment to those of us who traveled from the west coast expecting to face a challenging open water course but we realized the alternative outcome might be no race at all. So we packed up our boats and headed inland to Providence's historic Narragansett Boat Club (NBC) for the race on the river.

Race day finally arrived with the water calm and flat! It made me and my fellow San Francisco rowers and training partners, Diane Davis and Kim Pross from the SERC, think that all those rough water training days and two-plus-hour rows were for naught. Many open water rowers take

advantage of rough conditions that a typical flat water rower would find it challenging to excel in, so we felt at a distinct disadvantage to local flat water rowers who row the river daily. Well, I thought, at least it was raining!

As we started the race the steady rain kept oar handles slippery and visibility a challenge. We all lined up at the start, side by side – another open water racing signature. With 15 boats on the start line, all vying for the best course, the shot gun start created potential crashes, oar clanks, and course disruption. As we all knew, there is only one best course so if you want a chance to win, you must get there ahead of the crowd. As we came off the start line there were four of us spaced very closely with no room to navigate. By the completion of the first 2000 meters the positions were set: Diane Davis in first, myself in second, Byrna

McConarty from NBC in 3rd, and Antje Siems of Orleans Sweeps & Sculls, in 4th. I chased Diane through the bends of the Providence River around the 180-degree turn at the half-way point and back to the finish, but never

caught her. Always in my view were Byrna and Antje, who finished 21 & 34 seconds after me. As we crossed the finish line the skies opened up and the rains of Hurricane Danny stormed down.

After all was said and done, I finished second with a time of 1 hour and 18 minutes, 1 minute 14 seconds behind Diane. It was a great feeling to finish in the top two representing the Dolphin Club. As for losing to my friend and training partner Diane, well, I guess I'll have to chase her for another year.

The entire experience of traveling cross-country to row in a race was new for me and my success did not happen on its own. I had so much support from Charlie and Reuben Hechanova and the Dolphin Club Boat Committee and countless Club members who offered well wishes, training advice, moral support, and a shoulder or two. When I returned from Providence, I received endless congratulations, acknowledgement, and support from my friends at the Club, Board members, and many members who I'd never met who emailed me and stopped me in the boathouse to congratulate me. Rowing at the Dolphin Club and competing in DC Blue has been, and continues to be, an amazing experience for me. This place is like no other and more often than not, brings out the best in all of us... on and off the water.

-Racheal Perry



Photo by Charlie McIntyre

*Diane Davis (SERC) leads Racheal Perry on the Providence River*





Photo by Margaret Keenan

*The winning team from left to right Jennifer Votava, Katie Cronin, Racheal Perry, Charlie McIntyre, Dolores Meehan, Gretchen Coffman, Margaret Keenan*

## Women of the Weiland

Rachael Perry

*"Losing is not an option."* That's what the crew was told before their first practice in the *Wieland*. The Dolphin Club's tradition of winning the opening race of the interclub triathlon seemed a distant memory. Enough was enough—we wanted our title back!

My plan was to recruit experienced *Wieland* rowers and a coxswain who were fit, knew what to expect on race day, and wanted to win as badly as I did. My first task was to enlist a cox who could coach sweep rowers and manage the boat. No small task: it required patience, experience, and an open mind. I found the perfect man for the job—Charlie McIntyre.

Next step, assemble a Dream Team. Since it was my dream, after all, I thought I should be part of it. I could not contain my excitement as I proposed the prospect to each potential crew member. One by one, they signed on. Each woman offered something that could make our crew successful: Gretchen Coffman's experience and strong oar; Margaret Keenan's physical strength and consistent and aggressive strokes; Dolores Meehan's boundless energy, winning attitude, and devotion to the crew; Jennifer Votava's ability to row well in any seat; and Katie Cronin's always steady and consistent oar and a choral repertoire appropriate for any situation.

I set out the conditions. Three mandatory practices: if someone had a schedule conflict, she would be replaced. With only three practices, I knew that everyone had to be in decent shape. Gretchen, Jennifer, and Margaret had all just completed the Escape so they were already fitter than fit! Dolores had been running regularly so she had the cardio, Katie had been on a swimming tear; she jumped on the erg to bring her cardio up to snuff. I had been training

open water regattas and the upcoming head racing (flat water three-mile races) season. We were going to rock!

We fit together in the *Wieland* like an old pair of slippers. As Charlie assembled the seating order of the crew, he had to take into consideration the ailments of each rower as they affected her rowing, either starboard or port. It was a laundry list that would keep a physical therapist busy for a year. With experience comes injury, and we had plenty of both.

We were ready and hungry and by race day the excitement and nervousness were palpable. Charlie executed his warm up plan and got us to the start line off Alcatraz exactly on time. The SERC had arrived ten minutes earlier and had to sit, wait, and worry. We arrived warmed up and ready to race. The SERC won the coin toss and chose to start to the West, the better position in a flood as they could push the other boat offline as we crossed to the cove. The West boat controlled the course. Eventually it wouldn't matter. The SERC pulled out quick at the start, as they usually do. We didn't panic. Charlie kept us rowing in sync with calm confidence and we caught up with their bow after the first few minutes. Soon we heard Charlie yell "Four seats. We have four seats on them!" The SERC Cox was frantic, screaming at his crew. Charlie yelled "Power 20!" (translation: row your 20 best and hardest strokes). We gradually pulled out ahead, hijacking their course. As we rowed to the finish, Charlie shouted, "Power 10—nails in the coffin...one nail, two nails, three nails..." and victory was ours!

Though we lost this year's triathlon, every Dolphin can hold their head high knowing we won the Barge race. SERC's "Plaque Day" victory wasn't as sweet without it.



# ROWING RESULTS

## Open Water Regattas

### Bridge to Bridge Regatta

September 13, 2009

Host: South End Rowing Club

Course: Bay Bridge Course only. Due to swimmer traffic from 'yet another' Escape from Alcatraz swim, the Golden Gate Bridge course was eliminated from the regatta.

DC Rowers:

Rower	Boat	Time	Place
Racheal Perry	1x Maas 24	45:29	1st and course record
Renee deCossio with Kim Pross (SERC)	2x Maas 30	43:21	2nd
Athena Kyle, Elaine Buckholtz, Gretchen Coffman, Ted Levinson Peter Molnar, Diana Harrington Cox: Charlie McIntyre	Wieland	55:53	2nd

### DC vs. SERC Triathlon Rowing Results

October 18, 2009

Host: Dolphin Club

Course: Around Alcatraz

Rower	Boat	Time	Place	Points
Margaret Keenan, Racheal Perry Dolores Meehan, Katie Cronin Gretchen Coffman, Jennifer Votava Cox: Charlie McIntyre	Wieland	11:22	1st	35
Racheal Perry & Joe Abrams	2x Maas 30	23:19	2nd	10
James Dilworth	1x Maas Aero	25:14	2nd	10
Doug James	1x Maas Aero	33:31	5th	0
Lance Chubbic	1x Maas Aero	43:41	6th	0
Mark Robinson & Josh Davis	Viking 2x	26:05	2nd	10
Jon Bielinski & John Mervin	Wooden 2x	31:51	3rd	5
Jim Frew & Ian MacLean	Wooden 2x	36:56	5th	0
Marcus Auerbuch	Wooden 1x	44:45	3rd	5
Neal Mueller	Wooden 1x	44:52	4th	0

### Head Races

#### Wine Country Regatta

October 4, 2009

Host: North Bay Rowing Club/Sonoma State University

Course: 4500 meter course on the Petaluma River

Rower	Boat	Raw Time	Handicap Time	Place
Racheal Perry	1x WMs Master	22:28 (1st)	22:10	2nd
Anne Hiniker	1x WMs Ltwt	21:59 (1st)	21:55.9	1st
Mike Perry	1x Ms Open	19:06	NA	1st
Joe Abrams	1x Ms Master	20:47 (1st)	20:06	7th
Cheryl Brink, Renee deCossio Christine Flowers, Andrea Kellog	4x WMs Master	19:42 (1st)	19:09.6	1st

### Head of the Charles

October 18, 2009

Host: Cambridge Boat Club

Course: Charles River, Boston, MA

Rower	Boat	Raw Time	Handicap Time	Place
Mike Perry	1xMns Chmpionshop	18.30.99		6th



# SWIM COMMISSIONER'S REPORT

# SWIM STATISTICS

Hi Dolphins,

This report will wrap up our 2009 swim season. Wow, what an amazing year of swimming we have had.

The Over-60 cove was a great success. The stewards of our club came out in big numbers and braved cove waters and sea lions. The Alcatraz swim gave us a little excitement as we adjusted our jump time to race a big vessel coming in from the gate. The Golden Gate swim was cancelled due to fog and lightning. This swim, courtesy of the Coast Guard, is a unique privilege for us and having to wait another year reminds us how special it is. We lost the overall Dolphin Club vs South End triathlon, but won the swimming and barge portions of the race. The comradery and competitiveness of Dolphins was strong and impressive. Three dolphins found success in swimming across the English Channel. Michael Tschantz-Hahn crossed in 11 hours and 19 minutes. Catheryne DiPrete finished in 12 hours and 12 minutes. Laurin Wiesensthal swam it in an staggering 8 hours and 33 minutes. Way to go channel swimmers!

This is also a time for me to bid you goodbye as your swim commissioner. What a gratifying and fascinating experience it has been. When I stepped into the Staib Room for my first briefing as swim commissioner, I was greeted by applause and cheers. This enthusiasm and support has never ebbed. Thank you to the volunteers and helpers who made sure we had safe and fun swims. Through this experience, I learned to see a swim from above the water. My favorite moment during each swim is somewhere in the middle of the course. I would put the *Arias* engine on idle and watch as scores of orange caps moved by. Occasionally, as I listened to laughter and chatter between the swimmers, I would be greeted by curious sea lions, who would pop up and blink at me. Thank you Dolphins for your support and trust. Please welcome your new Dolphin Club Swim Commission: John Ottersberg, Lolly Lewis, and Dave Hollembach. I know they will do a great job.

When people ask me what it will take to make a better program, the answer is simple. We need more volunteers. A lot more. Specifically we need more pilots and outboard pilots. If you have never been involved as a volunteer, I highly recommend that you run for the board or find some positions in the club to help out with. I guarantee that it will be a rewarding and enlightening experience.

Thank you, Dolphins, for terrific two years!

Cheers,  
Brian Herrick

## Crissy Field

JUNE 21, 2009

**Pilots:** Marcus Auerbuch, Paul Brady, Bob Danielson, Ed deCossio, Renee deCossio, Don Harrison, Reuben Hechanova, Brian Herrick, Neal Mueller, John Ottersberg, Bill Rus, David Shutt, Matt Towers, Tom Vaughan, Bob Weil, Laurin Wiesensthal  
**Helpers:** Susan Allen, Dean Badessa, Bob Blum, Jason Camero, Jon Ennis, Cory Ferrara, Jim Ferrara, Joe Gannon, John Hornor, Doug James, Nigel Killeen, Melissa King, Lolly Lewis, Bob Lowney, Janice McCall, Pat McGarvey, Jim O'Connor, Napthali Offen, Roxane Phifer, Anne Sasaki, John Selmer, Megan Sullivan, Liz Van Houten, Chris Wagner

## Swimmers

1 Suzanne Heim-Bowen	45:15
2 Michael Tschantz-Hahn	47:49
3 Jon Ennis	47:51
4 David Rich	49:47
5 John Selmer	51:37
6 Eric Larson	53:00
7 Kate Coleman	54:37
8 Andy Stone	54:45
9 Conor Power	55:00
10 Doug James	55:20
11 Rebecca Tilley	55:42
12 Bill Burke	55:56
13 Margaret Keenan	55:59
14 Nancy Cutler	56:20
15 Daniel Madero	57:14
16 Jason Prodoehl	57:26
17 Morgan Kulla	58:47

18 Roxane Phifer	58:54
19 Dean Badessa	59:26
20 Gina Rus	59:58
21 Jay Adams	60:04
22 Rick Avery	61:30
23 Gretchen Coffman	61:32
24 Alex Buehlman	62:39
25 Nancy Hornor	62:55
26 Lolly Lewis	63:05
27 Pete Neubauer	63:09
28 Gerard Navarro	64:33
29 Micky Lavelle	64:47
30 David Hollembach	67:05
31 Marlin Gilbert	67:21
Kent Myers	67:32
Napthali Offen	67:51
Bob Blum	67:56
Stephen Stout	68:52
Eric Shupert	69:14
Eileen Buckley	swim aids

## Over 45

AUGUST 15, 2009

1 John Ottersberg	18:45
2 Paul Davies	21:11
3 Laura Merkl	21:42
4 Dave Shutt	21:43
(4 1/2) Joe Butler (SERC)	22:05
5 Rebecca Tilley	22:19
6 Terry Horn	22:31
7 Conrad Von Blankenburg	22:32
8 Todd Oppenheimer	22:49
9 Kate Coleman	22:56
10 Nancy Cutler	23:02
11 Gina Rus	23:22
12 Paul Irving	23:31
13 Doug James	23:36
14 Van Metaxas	23:41
15 Rick Avery	24:01

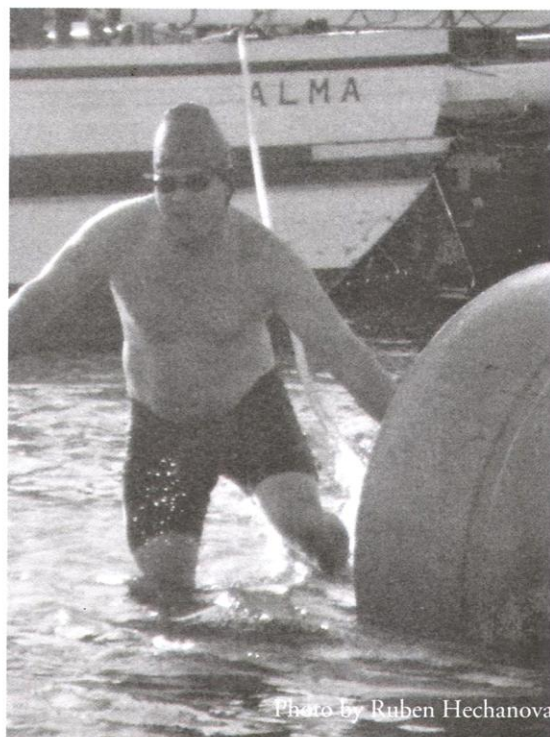


Photo by Ruben Hechanova  
Matt Sheridan maneuvers the Bad Becky at the Thanksgiving Swim--how did he do that?



# DOLPHIN LOG SWIM STATISTICS

16 Bob Colyar	24:15
17 Bob Blum	24:17
18 Keith Nelson	24:28
19 Joe Illick	25:52
20 Jim Frew	26:15
21 Megan Sullivan	26:18
22 Pete Neubauer	26:22
23 Robin Rome	26:34
24 Naphtali Offen	26:35
25 Ken Frank	26:54
26 Eric Shupert	27:11
27 Cheryl Wallace	28:03
28 Lorna Newlin	28:09
29 Janice McCall	28:29
30 Matt Towers	29:17
31 Will Powning	31:02
32 Mike Weiner	31:19
33 Joe Gannon	31:23
34 Paul Brady	31:27
35 Pete Bianucci	31:29
36 King Sip	33:10
37 Andy Stone	33:14
38 Janice Wood	33:51
39 Athena Kyle	36:46
40 Jim O'Connor	36:56
41 Sarah McCuskey	39:07

## Alcatraz

AUGUST 23 , 2009

Pilots: Marcus Auerbach, Eduardo Barranco, Jon Bielinski, Erik Von Blankenburg, Paul Brady, Barry Christian, Rich Cooper, Ken Frank, Don Harrison, Reuben Hechanova, Brian Herrick, Libbie Horn, Paul Irving, Scott Nadig, Steve Pratt, Emily Roth, Jenny Von Blankenburg, Diane Walton  
 Helpers: Andy J. Stone, Neal Powers, Naphtali Offen, Janice McCall, Sue Garfield, Lolly Lewis, Van Metaxas, Roxane Phifer, Jamie Robinson, Polly Rose, Nobu Takahashi, Petr Votava, Janice Wood

### Swimmers

1 Greg Kearney	29:05
2 John Selmer	33:41
3 Cesar Manzano	36:05
4 Eric Larson	39:09
5 David Shutt	41:20
6 Kate Coleman	41:45
7 Bill Burke	42:23
8 Nancy Cutler	42:42
9 Margaret Keenan	42:46
10 Andy J. Stone	44:10
11 Terry Horn	44:35
12 Douglas W. James	44:44
13 Neal Powers	44:46
14 Conrad Von Blankenburg	46:08
15 Vincent Mourou	47:36
16 Jay Adams	47:42
17 Bob Blum	47:47
18 Gerard Navarro	48:43
19 Rick Avery	48:55
20 Bob Colyar	49:25
21 Rob Reis	49:58
22 Nancy Hornor	50:55
23 Dean F. Badessa	52:45
24 Ken Coren	53:05
25 Kent Myers	54:02
26 Peter Neubauer	54:13
27 Joe Illick	55:40

28 Naphtali Offen	57:10
29 Stephen Stout	57:25
30 Kristen Steck	1:00:15
31 Lorna Newlin	1:00:16
32 Jennifer Votava	1:01:02
33 Janice McCall	1:01:47
34 Joe Gannon	1:05:27
35 Eric Shupert	1:06:58
36 John Ingle	1:07:18
37 Will Powning	1:07:23
38 Jim O'Connor	1:14:31

## 100-Mile Swim

JUNE 1- OCTOBER 31 , 2009

NAME	MILES
Lolly Lewis	223.5
Laurin Weisenthal	191.5
Joseph Omran	183
Mike Tschantz-Hahn	181
Nick Adams	153
Kent Myers	151
Joe Illick	118.5
Sakura Hingley	117
Mike Chase	116.25
Alex Buehlmann	116
Suzie Dods	113
Neal Powers	112
Nancy Cutler	111.5
Sean McFadden	110.5
Scott Anderson	110
Rick Murray	108
John Ottersberg	108
Mike Silva	105.75
John Ingle	105.5
Jim O'Connor	105
Doug James	104
Roxane Phifer	101
Laura Burtch Zovikian	100
John Nestor	100
Ralph Wenzel	100
Peter Conidi	100
Mickey Lavelle	100
Mark Robinson	100
Nobu Takahashi	100
Jason Prodoehl	100
Chris Wagner	100

## Thanksgiving Cove

NOVEMBER 26 , 2009

Pilots: Reuben Hechanova, David Hollembaek, Diane Walton  
 Helpers: Sue Garfield, David Hollembaek, Melissa King, Lolly Lewis, John Ottersberg, Tony Reveaux, Jeffrey Russell, Darcy Wettersten, Janice Wood

### SHORT COURSE

#### Bad Becky and Back

1 Jackie Merovich	14:42
2 James Barnes	15:19
3 Kent Myers	15:36
4 Kenneth Frank	15:51
5 Kristen Steck	17:57
6 Sue Garfield	19:36
7 Era Osibe	21:15
8 Jim O'Connor	22:09
9 Sarah McCuskey	24:16

### LONG COURSE

#### Bad Becky, Goalpost, Flag, Home

1 Duke Dahlin	20:45
2 Beth Stein	23:33
3 Julian Sapirstein	24:20
4 Larry Scroggins	24:33
5 Melissa King	24:36
6 Kate Coleman	24:42
7 Bill Burke	25:02
8 Pete Perez	25:04
9 Andrew Stone	25:10
10 Gina Rus	25:12
10 Sunny McKee	25:12
11 Thomas Hofmann	25:25
12 Mark McKee	27:53
13 Ken Coren	28:41
14 Matthew Sheridan	28:48
15 Michael Chase	29:45
16 Thomas Keller	30:05
17 Mickey Lavelle	30:17
18 Robin Rome	32:13
19 Michael Robinson	32:21
20 John Ottersberg	32:30

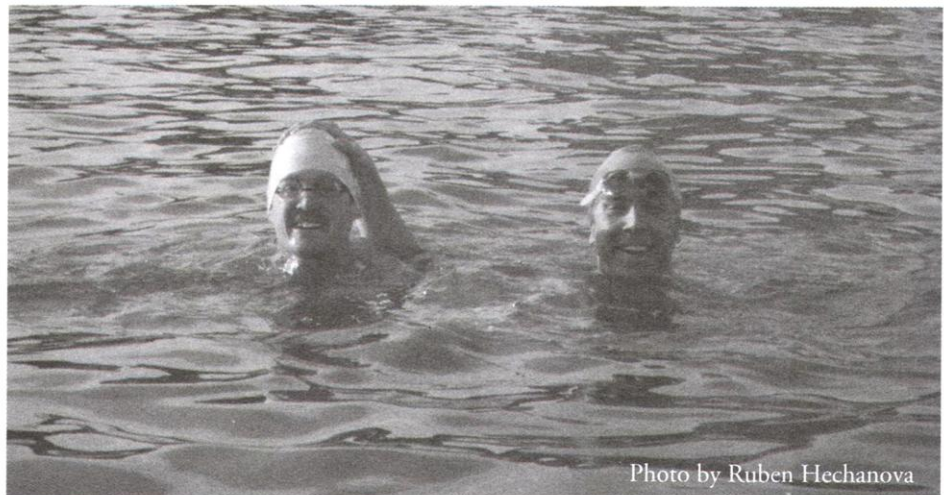


Photo by Ruben Hechanova

Two happy turkeys at the Thanksgiving Swim



# Escape From Alcatraz Triathlon - September 26, 2009

NAME	SWIM	BIKE	RUN	TOTAL	
1 Joel Lanz (S)	42:07	48	2:02	3:32	1st place
2 Nobu Takahashi (D)	48:16	1:00	2:15	4:03:14	
3 Josiah Bunting (D)	36:21	59	2:43	4:18:54	
4 Brent Pohlmann (D)	40:25	50	2:52	4:22:27	
5 Michelle Deasy (S)	32:10	47	3:10	4:29:48	1st Woman
6 John Ottersberg (D)	32:01	53	3:06	4:31:51	1st Male Cruiser
7 Sean McFadden (D)	37:02	47	3:07	4:31:52	
8 Bear Arellano (D)	50:40	50	2:55	4:35:57	
9 Mark McKee (D)	43:11	1:00	2:53	4:36:42	
10 Ted Tilles (D)	47:00	54	3:09	4:50:42	
11 Laurel Condro (S)	40:46	1:01	3:29	5:10:48	1st Female Cruiser
12 Anthony DuComb (D)	56:28	56	3:20	5:12:23	
13 Andy Schwab (D)	43:46	1:08	3:23	5:14:17	
14 Allen Calder (S)	40:50	1:01	3:42	5:23:35	
15 Matt Towers (D)	59:02	1:04	3:45	5:33:45	
16 Sunny McKee (D)	45:02	1:02	3:32	5:34:06	
17 Beth Stein (D)	43:19	58	3:58	5:39:19	
18 John Reichmuth (S)	44:59	1:01	3:55	5:40:35	
19 Peter Molnar (D)	42:32	1:00	3:58	5:40:38	
20 Andy Field (S)	46:21	1:09	3:48	5:43:26	
21 Naphtali Offen (D)	56:13	1:06	3:42	5:44:13	
22 Margaret Keenan (D)	43:17	1:07	3:57	5:47:58	
23 James Robinson (D)	50:10	1:11	3:48	5:49:45	
24 Jeff Russell (D)	52:48	1:01	4:02	5:53	
24 Rick Avery (D)	50:22	1:01	3:58	5:53	
26 John Hornor (D)	53:12	1:01	4:00	5:54:02	
27 Gretchen Coffman (D)	49:49	1:13	3:52	5:54:22	
28 Mike Webb (D)	47:07	1:09	4:00	5:56:28	
29 Eric Shupert (D)	54:10	1:24	3:45	6:03:28	
30 Lisa Tracy (S)	59:41	1:05	4:00	6:04	
31 Patricia Evans (S)	53:56	1:20	3:52	6:05:14	
32 Michael Slattery (S)	50:15	1:35	3:46	6:11:40	
33 Mike Laramie (S)	43:56	1:03	4:32	6:18:44	
34 Jon Nakamura (D)	40:51	1:19	4:20	6:19:06	
35 Jack Sullivan (D)	45:43	1:13	4:24	6:22:13	
36 Carrie Sloan (D)	56:07	1:10	4:24	6:30:50	
37 Keith Nowell (S)	49:08	1:18	3:34	6:41:14	
38 Dan Needham (S)	49:03	1:18	4:34	6:41:18	
39 Jennifer Votava (D)	56:01	1:24	4:24	6:44:05	
40 Allen Luong (S)	51:13	1:24	4:31	6:46:12	
41 Kathy Bailey (S)	57:12	1:08	4:41	6:46:18	
42 Gina Rus (D)	44:56	1:10	4:52	6:46:59	
43 Brenda Austin (S)	50:27	1:23	4:35	6:48:24	
44 Stephanie Duhau (S)	43:23	1:33	5:13	7:29:44	
45 Gary Aguiar (S)	51:18	1:07	5:01	7:39:56	
46 Krist Jake (D)	46:37	1:41	5:16	7:53:19	
46 Robin Rome (D)	56:34	1:31	5:36	7:53:19	
48 Phil Taylor (S)	1:05:50	1:31	5:27	8:03	
49 James Yee (S)	1:30:16	1:30	5:16	8:07	
50 Sylvia Marino (S)	53:08	1:19	6:01	8:13	
51 Janet Franklin (S)	50:29	1:23	6:03	8:16	
52 Elizabeth Glass (S)	50:39	1:35	5:53	8:18	
53 Mary Cantini (D)	1:08:23	1:29	6:29	9:06	
54 Ranie Pearce (S)	45:32	1:29	6:36	9:13	



Photo by Mark McKee  
Kate Coleman and Meg Reilly tally results and determine fates at Mill Valley

## VOLUNTEERS

Check-in	Jason Prodoehl, Lolly Lewis
Swim/Bike	Mike Foncesca, Mike McGallen
Old Mill Park	Pete Bianucci, Meg Reilly, Mike Weiner, Tom Hofmann, Pete Neubauer, Dennis Watson, Pavla Podolaska, Kate Coleman
Mailboxes	Nancy Hornor, Laura Atkins
Cardiac	Megan Sullivan, Bob Sullivan, Ian MacLean
Stinson	Monica Towers, Jennifer Lamers, Jane Mermelstein, Suzie Dods, Rebecca Tilley, Nancy Cutler
Setup/Dinner	Mimi Osborne, Polly Rose, Jim Frew, Don Harrison Janice Wood, Lorna Newlin, Nancy Friedman, Kjersten Walker, Lolly Lewis, Tony Reveaux, Dan Osborne
Audio/Visual	Lolly Lewis
Pilots/Results	Ed deCossio, Barry Christian, Agustin Huneeus, Keith Weaver, Marcus Auerbach, Don Harrison, Nancy Cutler John Blackman, Diane Walton, Bob Danielson, Anders Knox, Dean Badessa, Doug J, Ian MacLean, Ken Coren, Tom, Duke Dahlin, Tom Callinan, Robert Mackey, Belinda Pohlmann, Fred Stemmler, Laura Zovickian, Dave Zovickian, Sue Coren, Paul Brady, Candace Kelly, Dan Osborne, Keith Weaver, Jay Adams, Gary Ehrsam, Julie Knox, Sky Stanfield, Dan McLaughlin, Bill Rus
Others	Mary Morison, David Rich, Keith Weaver

## RELAY TEAMS

NAME	SWIM	BIKE	RUN	TOTAL
1 Lions & Tigers & Smokey Bear: Tom Wilhelm, Sue Free, Anna Sojourner	34:43	51	2:31	3:56
2 Bravo Chutzpah: Peter Neubauer, Gerard Navarro, Todd Oppenheimer	51:50	58	2:42	4:31
3 SERC: John Walker, Heather Barraclaugh, Andrea Roth	32:31		3:52	5:57:23
4 Team Diesel: Kim Hooper, Alison Saylor, Margaret Curtis	46:42	55	4:30	6:16
5 Team "JR" Stephen Stout, Kristen Stek, Pete Votava	1:01:08	1:24	4:19	6:44
6 Galant Gals: Linda Nowell, Rosemary McNally, Trudy Molina, Marty Maricle	44:18	1:38	5:25	7:47
7 Dipsea Dawdlers: Tawny Cothran/Cathy Delneo	40:42		5:03	8:08
8 Bonnie & Clyde: Bonnie Brown and Clyde Barrow	39:59		3:43	8:18
9 Cesar Manzano/Era Osibe (cyclist disqualified)	36:48		4:53 (Era)	7:15



# Dolphin South End Triathlon - October 18, 2009



*The Dolphin Club Swimmers participating in the Dolphin / South End Triathlon*

## Swim Results

Name	Time	Place	Pts	Name	Time	Place	Pts	Name	Time	Place	Pts
Laurin Wiesenthal (D)	23.33	1	20	James McLoughlin (S)	30.18	41	1	Dan Needham (S)	33.06	80	1
Suzanne Heim-Bowen (D)	24.20	2	19	Barry Maguire (S)	30.25	42	1	Mike Laramie (S)	33.10	82	1
Michael Chase (D)	25.05	3	18	Cathy Delneo (S)	30.32	43	1	Anna Sojourner (S)	33.18	83	1
Darrin Connolly (S)	25.20	4	17	Chris Wagner (D)	30.33	44	1	Joseph Gabany (S)	33.22	84	1
James Knight (S)	25.45	5	16	Brian Herrick (D)	30.40	45	1	Terry Horn (D)	33.23	85	1
Greg Kearney (D)	25.48	6	15	Joe Butler (S)	30.41	46	1	Margaret Keenan (D)	33.24	86	1
Alison Wagner (D)	25.58	7	14	Keith Gray (D)	30.42	47	1	David Young (S)	33.27	87	1
John Ottersberg (D) 26.17	8	13		John Flahavan (S)	30.54	48	1	Michael Lynch (S)	33.28	88	1
Joel Wilson (S)	26.27	9	12	Kristin Hutchins (S)	30.54	49	1	Jay Adams (D)	33.30	89	1
Jon Ennis (D)	26.29	10	11	Jim Cooney (S)	30.56	50	1	Pete Axelrod (D)	33.31	90	1
Michelle Deasy (S)	26.35	11	10	Sarah Levin (S)	31.11	51	1	Mollie McKenna (S)	33.50	92	1
Karen Rogers (S)	26.42	12	9	Joel Bleskacek (D)	31.15	52	1	Donna Borden (S)	33.51	93	1
Bill Eason (S)	27.10	13	8	Mickey Lavelle (D)	31.20	53	1	Kathryn Tilley Brown (S)	34.10	94	1
Jeff Gunderson (S)	27.11	14	7	Allan Calder (S)	31.22	54	1	Les Mangold (S)	34.10	95	1
Scott Haskins (D)	27.35	15	6	Paul Weiss (S)	31.26	55	1	Dean Badessa (D)	34.10	96	1
Sue Free (S)	27.38	16	5	Laurel Condro (S)	31.27	56	1	Dianna Shuster (S)	34.22	97	1
Mike Silva (D)	27.40	17	4	James Walter (S)	31.28	57	1	Gretchen Coffman (D)	34.24	98	1
Tom Keller (D)	27.52	18	3	Kate Coleman (D)	31.29	58	1	Danny Borelis (S)	34.25	99	1
Laura Zovikian (D)	27.58	19	2	Lisa Serebin (S)	31.30	59	1	Roxane Phifer (D)	34.31	100	1
Joel Swartz (S)	28.08	20	1	Joe Spallone (D)	31.32	60	1	Rick Avery (D)	34.32	101	
John Hathaway (S)	28.09	21	1	Jennifer Barrera (S)	31.35	61	1	Bob Drake (D)	34.33	102	
David Rich (D)	28.32	22	1	Sky Stanfield (D)	31.44	62	1	Paul Deangelis (S)	34.35	103	
Daniel Considine (D)	28.37	23	1	Sherie Michaille (S)	31.45	63	1	Joe Bracco (S)	34.39	104	
Melissa Nordquist (S)	28.39	24	1	Suzu Dods (D)	31.47	64	1	Sarah Mehl (S)	34.40	105	
Tom Pier (S)	28.56	25	1	Sheila Monaghan (S)	32.03	65	1	Tim Kelly (S)	34.41	106	
Katrina Lundstedt (S)	28.59	26	1	Jonathan Maier (S)	32.04	66	1	Pete Neubauer (D)	34.44	107	
Doug Shoaf (S)	28.59	27	1	Daniel Madero (D)	32.10	67	1	Dan Barton (S)	34.5	108	
Andrew Burrell (S)	29.07	28	1	Laura Merkl (D)	32.15	68	1	Elizabeth Glass (S)	34.55	109	
Mark Stone (S)	29.11	29	1	Tom Linthicum (S)	32.16	69	1	Jim Hentz (S)	36.05	110	
Hendrik Meerman (S)	29.14	30	1	Paul Springer (S)	32.18	70	1	Joe Illick (D)	36.06	111	
Angelo Barbieri (S)	29.14	31	1	Clark Chesley (S)	32.24	71	1	Lolly Lewis (D)	36.10	112	
Brian Fitzgibbons (D)	29.16	32	1	Eileen Buckley (D)	32.29	72	1	Keith Nowell (S)	36.16	113	
Ann Dunn (S)	29.21	33	1	Tina Voight (S)	32.37	73	1	Rosemary McNally (S)	36.20	114	
Marta Bechhoefer (S)	29.21	34	1	Pauline Weckley (S)	32.45	74	1	Vincent Morrou (D)	36.21	115	
Jonathan Paul (S)	29.27	35	1	Todd Oppenheimer (D)	32.51	75	1	Paul Irving (D)	36.28	116	
Maya Nasution (S)	29.42	36	1	Chris Blakeslee (S)	32.52	76	1	Kent Myers (D)	36.37	117	
Jason Prodoehl (D)	30.10	38	1	Ranie Pearce (S)	32.55	77	1	Stephanie Gerk	37.04	118	
Phil Murphy (S)	30.11	39	1	Kelly Pat (S)	32.57	78	1	Miriam Hiser (S)	37.27	119	
Cesar Manzano (D)	30.12	40	1	Jennifer Lamers (D)	33.04	79	1	Bill Wygant (S)	37.28	120	



# Dolphin South End Triathlon - October 18, 2009

## Swim Results - continued

Name	Time	Place
Norman Davis (S)	37.35	121
John Hornor (D)	37.52	122
Nobu Takahashi (D)	38.20	123
Bryce Goeking (S)	38.33	124
Rodney Ziesemann (S)	38.36	125
Allen Luong (S)	38.50	126
Kristen Steck (D)	39.02	127
Brenda Austin (S)	39.12	128
Pete Perez (D)	39.12	129
Tina Dirienzo (S)	39.12	130
Marylee Burke (S)	39.24	131
Sue Garfield (D)	39.39	132
Marie Cheung (S)	39.45	133
Joe Gannon (D)	39.48	134
Joe Flahavan (S)	39.59	135
Suzanne Greva (S)	40.18	136
Kathy Bailey (S)	40.40	137
Jeany Duncan (S)	40.52	138
Naphtali Offen (D)	41.02	139
Phil Taylor (S)	42.24	140
John Finnigan (S)	42.48	141
Susan Petro (S)	42.54	142

## Run Results - continued

Name	Time	Place	Name	Time	Place
John Dugan (D)	59.07	26	Stephanie Gerk (S)	76.5	78
Conor Power (D)	59.44	27	David Gruber (S)	76.5	79
Bonny Benjamin (S)	59.51	28	Joseph Gabany (S)	78.48	80
Tom Linthicum (S)	60.10	29	Era Osibe (D)	79.02	81
Jennifer Votava (D)	60.50	30	Patrick Allen (S)	79.25	82
Jack Major (S)	61.04	31	William Newby (S)	79.29	83
James Walter (S)	61.23	32	Julie Locke (D)	79.38	84
Donna Borden (S)	61.40	33	Francesca Basnnerman (S)	80.04	85
Allan Calder (S)	61.46	34	Bill Booth (S)	80.08	86
LaBruna (S)	62.12	35	Cy Lo (S)	80.10	87
Andrew Burrell (S)	62.13	36	A Poster (S)	80.27	88
Rory Moore (S)	62.14	37	Doug James (D)	80.49	89
Hendrik Meerman(S)	62.17	38	Pat Cuneen (S)	80.56	90
Marta Bechhoefer (S)	62.20	39	Diane Walton (D)	82.01	91
Laurel Condro (S)	62.29	40	Runner -R. (D)	82.10	92
Keith Nowell (S)	63.17	41	Jim Cooney (S)	83.30	93
Melissa Nordquist (S)	63.18	42	Elizabeth Glass (S)	84.10	94
John Flaven (D)	63.20	43	Marylee Burke (S)	84.20	95
Vincent Morrou (D)	64.19	44	Dan McLaughlin (S)	84.33	96
Naphtali Offen (D)	65.41	45	Bob Gibelar (S)	85.42	97
Miriam Hiser (S)	65.44	46	Suzy Dods (D)	85.47	98
Unknown (S)	66.54	47	Ranie Pearce (S)	85.48	99
Dan Needham (S)	67.02	48			
Cathy Delneo (S)	67.03	49			
Bryce Goeking (S)	67.15	50			
Brenda Austin (S)	68.11	51			
Lisa Serebin (S)	68.19	52			
Katrina Lundstedt (S)	68.30	53			
Martin Zelinski (D)	68.41	54			
John Bielinski (D)	69.00	55			
Joe Gannon (D)	69.02	56			
Phil Taylor (S)	69.07	57			
Will Powning (D)	69.42	58			
Jason Prodoehl (D)	69.57	59			
Allen Luong (S)	70.00	60			
Karsten Self (S)	70.31	61			
John Mattox (D)	70.49	62			
Paul Deangelis (S)	70.58	63			
Mike Laramie (S)	71.28	64			
Pete Neubauer (D)	71.55	65			
Eric Shackelford (D)	71.58	66			
Gretchen Coffman (D)	72.07	67			
Kristen Steck (D)	72.52	68			
John Hornor (D)	73.29	69			
Kim Pross (S)	74.14	70			
Christine King (S)	74.33	71			
Krist Jake (D)	74.35	72			
Ann Dunn (S)	75.25	73			
Marty M (S)	75.29	74			
Kathy Bailey (S)	75.47	75			
Robin Rome (D)	76.3	76			
Catherine Howard (S)	76.5	77			

## Run Results

Name	Time	Place	Pts
Joel Lance (S)	40.00	1	20
Jim Grant (S)	41.50	2	19
Nobu Takahashi (D)	43.34	3	18
Tom Wilhelm (S)	44.29	4	17
Ian Maclean (D)	47.27	5	16
Eamon O'Brian (S)	48.05	6	15
Jim Currie (S)	48.31	7	14
George Rehmet (S)	48.43	8	13
Lauren Wiesenthal (D)	49.5	9	12
Griff Behnke (S)	50.45	10	11
Ted Tilles (D)	50.55	11	10
Michael Chase (D)	51.38	12	9
Tom McInerney (S)	51.46	13	8
Marlin Gilbert (D)	51.52	14	7
Daniel Considine (D)	52.08	15	6
Rick Murray (D)	52.20	16	5
Rick Avery (D)	54.31	17	4
Mark Robinson (D)	54.54	18	3
Michelle Deasy (S)	56.00	19	2
Roger Hanson (D)	56.16	20	
John Ottersberg (D)	56.26	21	
Peter Votava (D)	57.02	22	
Jonathan Paul (S)	58.15	23	
Stephanie Duhau (S)	58.46	24	
Anthony DuComb (D)	58.53	25	

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## PRESIDENT'S REPORT

Ken Coren

**N**orth America is still home to a large number of carnivores, opportunistic hunters with strong jaws full of formidable teeth, and their favorite food is salmon. The full grown males measure six to eight feet from nose to tail and weigh in at 700 pounds or more, yet they are extremely quick and agile, often reaching speeds of 25 mph or more when pursuing prey. Fortunately, we do not swim with these grizzly bears here at Aquatic Park.

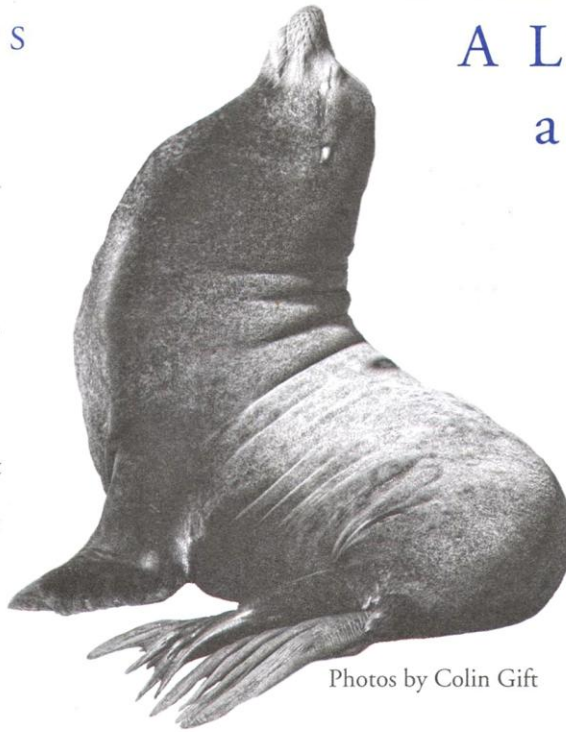
We do, of course, swim with other wild mammals that bear these same characteristics. And we have shared the cove with them ever since we arrived here and started swimming, but most of the time, they ignored us. There have been the occasional bumps and tickles, as well as the rare but scary bites. This year has been different, and not just for us.

In 2009, the usual Spring run of anchovies never arrived in Northern California. By April, the wasted bodies of large numbers of cormorants were washing up on our beaches, as did starving yearling sea lions, recently weaned into a sea devoid of nourishment. By July, the Marine Mammal Center in Sausalito had rescued twice as many sea lions as they usually rescue in a full year. While the pace has slowed somewhat, by the end of the year they expect to exceed well over 300 percent of their normal intake.

By June sardines began to arrive in the Bay though they avoided the Farallones, throwing things out of whack well offshore. The sea lion colony that had moved to Pier 39 from Seal Rock 20 years ago grew from the usual population of 600 individuals to over 1,500. Within weeks, long abandoned Seal Rock was re-inhabited, and by August we had up to 100 sea lions living next-door to us on the floating docks at Hyde Street Harbor.

Whatever the broad reasons for this sudden spike in population, we had a local problem. No longer were sea lions merely passing through the cove on their way to the fishing grounds. Swimmers were being bitten, bumped, and chased out of the water. Groups of half a dozen or more sea lions were patrolling the cove, making their rounds throughout the day and night.

Fortunately, the seeds to the immediate solution to our local problem were sown right around the time the sea lions first had abandoned Seal Rock. That is when the Port of San Francisco proposed to build the Hyde Street Harbor without any environmental review. "Not so fast," said then Dolphin Club president Meg Reilly. Through her hard work, insight, and leadership, the Port came full circle and



Photos by Colin Gift

*Adult male California Sea Lion  
Can we all get along?*

## A Little Foresight, a Little Help

agreed that their project should be "... operated in a manner to avoid adverse impacts on water quality in Aquatic Park..." and that "precautions should be taken to protect water quality in Aquatic Park so that present recreational uses can continue."

Almost two decades later, we called upon the Port to live up to their commitment and prevent the sea lions from establishing a permanent colony at Hyde Street Harbor. They came through, did their homework, and implemented a multi-phase program, including custom designed rails on their docks and some regular hosing-down with seawater.

Then, in November, thanks to an early influx of herring and an impressive surge of sardines, pelicans

began plunging and sea lions breaching more vigorously than ever, but the pinnipeds are no longer hauling out next door. And, nobody has been bitten or chased out of the cove in recent weeks.

Up close, we seemed to have done well this time, largely because some of us took the long view a couple of decades ago. Today, those of us who live, swim, and row at this one thin edge of the Pacific are still keeping an active watch on our world. This summer's Delta Force relay river-swim from Sacramento to the Club is how Dolphins do empirical research (see page 4). The brainchild of Duke Dahlin, seven swimmers and the Most Interesting Captain In The World, saw, felt and tasted the Sacramento River, its rats, waters, fish, and swill during their non-stop relay. In the short run, this voyage of special magnificence was a Dolphin fundraiser for the S.F. Baykeeper, a group founded 20 years ago in the time of Loma Prieta. In the long run, we will all benefit.



manage to keep the far horizon in view, Spring may yet continue to receive her rightful bequest.

As a young man, Kurt Vonnegut wrote: "The Summer had died peacefully in its sleep, and Autumn, as soft-spoken executrix, was locking life up safely until Spring came to claim it." If we follow the lead of our visionary Sacramento-relay swimmers and





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## 2009 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thur, 8:30 am	New Year's Day Alcatraz
Jan 17	Sat, 7:30 am	Pier 41
Feb 8	Sun, 8:00 am	Handicap Cove
Feb 14	Sat, 1:00 pm	Old Timer's Lunch
Feb 28	Sat, TBD	Gar Woods Polar Bear (Lake Tahoe)
Mar 21	Sat	Polar Bear Swim Ends
Mar 22	Sun, 7:30 am	Gas House Cove
Apr 25	Sat, 9:30 am	Yacht Harbor
May 10	Sun, 8:30 am	Dick Beeler Crazy Cove
May 30	Sat, 7:45 am	Bay Bridge
Jun 1	Mon	100-Mile Swim Begins
Jun 21	Sun, 8:15 am	Crissy Field
Jun 28	Sun, 7:15 am	Pier 39
Jul 4	Sat, 7:15 am	Fort Point
Jul 12	Sun, 9:00 am	Walt Schneebly Over 60 Cove
July 18	Sat, TBD	Trans Tahoe Relay
Aug 1	Sat, TBD	Santa Cruz One Mile
Aug 15	Sat, 5:00 pm	Over 45 Twilight Gashouse Cove
Aug 23	Sun, 8:30 am	Alcatraz
Sep 12	Sat, 8:00 am	Joe Bruno Golden Gate
Sep 26	Sat, 9:00 am	Escape from Alcatraz Triathlon
Oct 18	Sat, 9:00 am	Dolphin/South End Triathlon
Oct 31	Sat	100-Mile Swim Ends
Nov 14	Sat, 5:00 pm	Pilot Appreciation Dinner
Nov 26	Thur, 8:30 am	Thanksgiving Day Cove
Nov 27	Fri	Grizzly Bear Challenge
Dec 19	Sat, 8:30 am	New Year's Day Qualifier
Dec 19	Sun, 10:30 am	Holiday Brunch Party
Dec 21	Mon	Polar Bear Swim Begins
Dec 31	Thur 11:59pm	Grizzly Bear Challenge Ends

### ROWING TRAINING

On the these Saturdays  
beginning at 9:00 am:

January 24, Saturday  
February 21, Saturday  
March 21, Saturday  
April 18, Saturday  
May 23, Saturday  
June 20, Saturday  
July 18, Saturday  
August 22, Saturday  
September 19, Saturday  
October 24, Saturday  
November 21 Saturday  
December 19, Saturday

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
  2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
  3. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
  4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
  5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
  6. Swim sign-up sheets are posted two weeks prior to each swim.
  7. Time limits are imposed and enforced for all swims.
  8. All club boats are reserved for scheduled swims.
- Additional qualifications for Alcatraz and Golden Gate Swims
9. In-town members must successfully complete three swims and pilot or help on at least two others.
  10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.

*All times are approximate & subject to change.  
TBD means "to be determined".*

